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YOUTH AND EXPERTS REVEAL WHAT'S REALLY NEEDED TO SUCCEED IN TODAY'S ECONOMY

PAGES 12 & 13



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WEEKEND, March 1-3, 2013



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N.S. throws SPCA a bone

Protection. Agriculture Dept. will continue to be responsible for inspections and investigations involving farm animals

The head of the Nova Scotia SPCA says she was shocked to hear Premier Darrell Dexter's voice on the other end of a phone line Thursday morning, delivering news that the shelter's animal-cruelty investigations will be able to continue this year.

Kristin Williams said Thursday that she is "truly delighted."

"It means we will be able to continue to provide a response to allegations of abuse, neglect and cruelty," she said of the \$100,000 in funding.

The funds come two weeks after the shelter said it would suspend its animal-cruelty investigations as of April 1 because the Department of Agriculture had denied its request for additional funding.

Williams said it is currently getting \$3,000 a year from Agriculture to enforce animal-cruelty laws.

"We obviously have felt for a long time that the government is an important partner, and I

Quoted

"It's not unusual at all, especially for a volunteer organization, that people take their concerns to the media. I've grown used to that, and so there's no other answer to that than that very simple one."

Premier Darrell Dexter on the Nova Scotia SPCA taking their plea for more funding to the media

think that they recognize the value that the SPCA plays," said Williams at the SPCA's Dartmouth office. "We're looking forward to continue to collaborate with them on this important work."

Williams attributes the government's reversal to the immediate outpouring of public support.

"The community stood up and spoke for animals and let government know what they really wanted to happen for the SPCA and animal cruelty in the province."

The funding will come as part of the upcoming budget, Dexter said Thursday. He said although the funding is not annual, the province has committed to meeting with the SPCA on a continual basis.

ALY THOMSON/METRO



Kristen Williams, executive director of the Nova Scotia SPCA holds Nora, an American Staffordshire terrier puppy at the Dartmouth office on Thursday. The province is giving \$100,000 in funding to the Nova Scotia SPCA as a part of the upcoming budget. JEFF HARPER/METRO

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There was a deadline?

Province, NSCAD set to talk

The province's minister of labour and advanced education says she'll sit down with a group of NSCAD students next week to discuss the century-old arts school's future.

Marilyn More said on Thursday that she has set up a meeting for next Friday with the school's student union and other stakeholders who presented a manifesto earlier this month that makes a case to preserve the 126-year-old school's independence.

The group issued a press release Thursday saying the government missed a deadline that it had imposed to respond to the manifesto. That deadline was Monday.

But More said she wasn't aware of any deadline.

Meanwhile, the president of NSCAD's student union, Sarah Trower, said she hadn't been made aware of a meeting with the minister.

"But if they offered to have a meeting, then we'll take it," said Trower on Thursday afternoon.

Trower said the students will continue to put pressure on the government until their concerns are addressed. "It's always good to talk with them," said Trower. "But I think it still remains the same: We want NSCAD to remain independent and we want them to respect the values of the manifesto."

The provincial government has put pressure on the cash-strapped school in recent years and will conduct a study exploring possible affiliations with Dalhousie and Saint Mary's universities.

ALY THOMSON/METRO



Marilyn More
METRO FILE



The Costco at Dartmouth Crossing on Thursday morning. Police say a woman was dragged from her vehicle in the parking lot. JEFF HARPER/METRO

Random assault 'concerning': Cops

Dartmouth Crossing.
Woman grabbed, dragged from her car outside Costco



HALEY RYAN
haley.ryan@metronews.ca

Police say an early-morning attack on a woman in a Dartmouth parking lot is worrying because of its random nature.

Around 4 a.m. Thursday, a female employee of the Cost-

co in Dartmouth Crossing was sitting in her car when a man pulled the door open and dragged her out.

She screamed, and the suspect fled without taking anything.

"It's concerning because it's random. It's not somebody the victim knew," said Const. Pierre Bourdages of Halifax Regional Police, who said investigators aren't sure what the assailant was trying to do. "We will not know the intent of this male until we locate him and talk with him."

The suspect is described as

a dark-skinned black male between the ages of 20 and 30, heavy set and around six feet tall. He was wearing a winter coat, gloves and a toque.

Police conducted a search of the area and brought in a K-9 unit, but the man was not found.

Bourdages said police are checking for any surveillance video covering the parking lot. They also canvassed nearby stores to see if the man's image might have been captured on security cameras.

"We're advising people to be cognizant of their surroundings. If you don't feel

safe or you see someone or something that seems out of the ordinary, call police," Bourdages said.

Bourdages said no one lives in the area but many people work "around the clock" at Dartmouth Crossing and police are hoping someone might have seen the incident or know the suspect.

Crime Stoppers

Anyone with information is asked to contact the Halifax police or Crime Stoppers.



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1 NEWS



Hello, and tschüss, to Zurich-bound passengers

Zurich-bound passengers were sent on their way Thursday morning after their plane made an emergency landing at the Halifax Stanfield International airport on Wednesday evening due to an "oxygen-maintenance issue." Passengers coming from Atlanta left Halifax at 7:10 a.m. The plane, pictured here, remained at the airport on Thursday as the source of the problem was being investigated.

JEFF HARPER/METRO

Yarmouth to Maine

Assessment of ferry proposals near: Minister

Nova Scotia's economic development minister says a committee is still evaluating proposals from two companies to operate a ferry service linking Yarmouth and Maine.

Percy Paris says his department is close to releasing the assessment.

Quest Navigation Inc. and Maritime Applied Physics Corp. have submitted proposals.

Paris says the service wouldn't likely be re-established until 2014 if an operator is chosen. The province has said it would provide up to \$21 million over seven years for the service. **THE CANADIAN PRESS**



Percy Paris METRO

New Democrat MLA

More unsure she's reoffering

A cabinet minister in the NDP government says she's considering options for the upcoming provincial election. Minister of Labour and Advanced Education Marilyn More said Thursday she hasn't decided if she'll run, but said she's exploring other "ways of serving the community."

"When you think that even the pope has decided to retire, there's always the consideration of your level of energy," said More, who's been the MLA for Dartmouth South-Portland Valley for a decade. **METRO**

Company looking to bring telecommuting to HRM

WORKshift. Councillors question whether it can work

A Calgary-based initiative focused on reducing commuter traffic is asking for support to expand in HRM, promising to reduce pressure on city infrastructure.

Members of the city's transportation committee heard a presentation from members of WORKshift Thursday afternoon, seeking to integrate with HRM's SmartTrip program.

"WORKshift is a business-friendly, environmentally responsible strategy that promotes productivity," said executive director Robyn Bews.

The WORKshift initiative

promotes a flexible approach to work hours and will encourage industry and business to let employees work from home.

"Why don't we allow smart people the opportunity to decide where they can produce their best work?" Bews asked the committee.

Coun. Jennifer Watts called the project "interesting," but questioned how WORKshift could get industry and busi-

nesses to sign on.

Coun. David Hensby cited concerns about the technological abilities of people working from home compared to an office setting.

If WORKshift gets the opportunity to do business in Halifax, this would be their first formalized expansion out of Calgary.

Bews said her vision is to build and expand the organiza-

Cost of freedom

To initiate the program would cost the municipality \$100,000 with cost-sharing from the province. Further investment would be needed if the program were adopted.

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MARIKA MCKENZIE/FOR METRO

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Health and Wellness Minister Dave Wilson took part in a short-lived strike as a paramedic in 1999. JEFF HARPER/METRO FILE

Minister urges more talks in paramedics contract dispute

Health matters.
Sides have yet to meet with a conciliator

Nova Scotia's unionized paramedics and their employer are being urged to resolve their contract dispute at the negotiating table by the province's health minister.

Dave Wilson said Thursday he is aware of how vital the province's 700 paramedics are to the health system.

While he is concerned the union has rejected the final contract offer from Emergency Medical Care Inc., he said the government will respect the collective bargaining process.

"(Paramedics) are a key component of the health-care system," said Wilson, a former paramedic. "I believe that we have a good system in place for collective bargaining, and their job now as a union is to report back to a conciliator."

Wilson wouldn't comment on whether workers will get

their demand for defined-benefit pensions instead of a defined-contribution plan.

But he said he believes conditions have improved since he took part in a strike in 1999.

It lasted less than a day, after the Progressive Conservative government passed legislation that sent the dispute to binding arbitration.

Wilson said that when he began his career as a paramedic in 1995, he was paid \$6.50 an hour, worked 84 hours a week and earned \$28,000 a year.

Sticking points

The union says the main issues in the dispute are working conditions and pensions.

"It has come a long way, but that doesn't mean it's a perfect system," Wilson said. "We need to continue to negotiate in good faith with any health-care provider ... but especially paramedics." **THE CANADIAN PRESS**

Forced to retire. Justice to mull over review into human-rights inquiry

A Nova Scotia Supreme Court justice has reserved decision in a judicial review involving a group of former employees of the Cape Breton Regional Municipality (CBRM) who complained to the Human Rights Commission about being forced to leave their jobs at age 65.

Justice Cindy Bourgeois did not give a date for her decision after hearing legal arguments in a Sydney courtroom this week during the judicial review into the commission's decision to send the complaints to a board of inquiry.

The CBRM objected to the way the human-rights commission handled the complaint and to the appointment of a board of inquiry.

The human-rights commission had appointed Truro lawyer Dennis James to head a board of inquiry into complaints of former employees who challenged the municipality's retirement demand.

In December, Bourgeois stayed the human rights inquiry until the conclusion of the judicial review.

The Nova Scotia Human Rights Act forbids discrimination by employers on the basis of age. However, it does allow exceptions if the employees aren't physically or mentally able to do their job, or in which their continued employment has an adverse effect on the operations of a bona fide pension plan or group- or employee-insurance plan. **CAPE BRETON POST**

Northside General

Painkillers go missing at hospital

Health officials in Cape Breton say they are co-operating with police as they investigate the alleged theft of narcotics from a North Sydney hospital.

The Cape Breton District Health Authority says the painkiller hydromorphone was found missing from the Northside General Hospital during a routine check.

The authority says it handed the matter to police earlier this month and is also conducting its own investigation.

THE CANADIAN PRESS

Sydney

Police looking for alleged stalker

Police in Cape Breton are looking for a suspect after three females reported they were followed by a man while walking in Sydney.

The incidents happened Wednesday evening in the George Street area.

Police say the man, believed to be between 17 and 20, approached and touched the first victim before running away.

In the second incident, he fled after the victim noticed she was being followed and entered a store.

The third victim had her purse stolen by the man before he ran off.

THE CANADIAN PRESS

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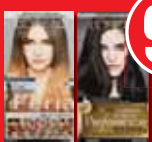
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Benedict XVI promises obedience to new Pope

Emeritus. As he leaves the Vatican, ex-pontiff says he's beginning the final stage of his life as 'simply a pilgrim'

Benedict XVI became the first pope in 600 years to resign Thursday, ending an eight-year pontificate shaped by struggles to move the church past sex abuse scandals and to reawaken Christianity in an indifferent world.

As bells tolled, the Swiss Guard standing at attention in the papal retreat of Castel Gandolfo shut the doors of the palazzo shortly after 8 p.m. Thursday (2 p.m. EST), symbolically closing out a papacy whose legacy will be most marked by the way it ended — a resignation.

In a changing of the guard, the Swiss Guards, in their yellow-and-blue striped uniforms, handed over responsibility of protecting the 85-year-old Ben-

'Viva il papa!': Crowd



Benedict waves goodbye. AP

On Thursday, Benedict told his cardinals, "Among you is ... the future pope, whom I today promise my unconditional reverence and obedience."

- "May the College of Cardinals work like an orchestra ... toward a higher and harmonious agreement," he said.

edict to Vatican police as some of the faithful outside shouted "Viva il papa!"

The pope's journey into retirement began with an emotional send-off from the Vatican. Swiss Guards in full regalia and prelates kneeling to kiss Benedict's ring.

THE ASSOCIATED PRESS

'Sweet Sistine.' Could a cardinal from Africa be the next pope?

Now that Pope Benedict XVI has officially stepped down, speculation about who will be the next to wear the shoes of the fisherman is ramping up.

A number of front-runners have emerged, including Canada's own Cardinal Marc Ouellet, as well as Italy's Angelo Scola. However, based on Google searches in the past 30 days, people on the Internet seem to be showing interest in a candidate from the developing world.

Searches for Ghana's Cardinal Peter Turkson spiked following Benedict's resignation, and he is still enjoying a small lead over the competition.

Ouellet is sitting in third, only slightly behind Scola.

Search volume for the "Sweet Sistine" is highest in Poland, home to Pope John Paul II.

Italy and Mexico round out the top three.

The cardinals will convene a conclave in the coming weeks and it's expected the world's 1.2 billion Catholics will have a new pope by Easter.

LUKE SIMCOE/METRO ONLINE



Cardinal Angelo Scola of Italy GETTY IMAGES



Cardinal Peter Turkson of Ghana, Africa GETTY IMAGES



Cardinal Marc Ouellet of Quebec GETTY IMAGES



Young priests in Rome wave to the helicopter taking Pope Benedict XVI from the Vatican to Castel Gandolfo. THE ASSOCIATED PRESS/ANGELO CARCONI

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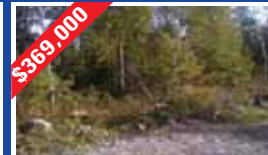
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Cindy Dyer
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Matthew Daupinee
877-2075

Report

White House to push justices on same-sex marriage

The Obama administration will ask the U.S. Supreme Court to overturn the state of California's ban on gay marriage and take a skeptical view of similar bans elsewhere, according to a person familiar with the government's legal filing in the California case.

While the administration's

friend-of-the-court brief in the California case does not call for marriage equality across the United States, it does point the court in that direction.

A Supreme Court ruling in line with the administration's argument would almost certainly expand the rights of same-sex couples to wed. The nonbinding brief contends that denying gays and lesbians the right to marry violates the U.S. Constitution's Equal Protection Clause.

THE ASSOCIATED PRESS

Rio de Janeiro

U.S. government worker found dead in hotel

A vacationing employee of the U.S. Department of State was found strangled in a Rio de Janeiro hotel, police said Thursday.

Rivaldo Barbosa, head of the Rio police homicide division, identified the victim as 38-year-old Victoria Tcaciuc and said she was killed Feb. 20. A hotel

employee found her body the same day.

Police have arrested a suspect who is seen in security camera video entering the hotel in Rio's Copacabana neighbourhood, Barbosa said.

It is unclear when Tcaciuc arrived in Brazil, but Barbosa said at a news conference that she was planning to visit at least four other cities before returning to the United States on March 4.

THE ASSOCIATED PRESS

Ex-Harper spin doctor backtracks on child porn

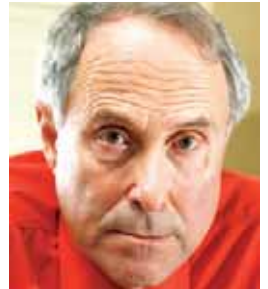
Apology. CBC panellist and University of Calgary professor's words spark outrage

Former Stephen Harper strategist Tom Flanagan is reportedly apologizing to anyone offended by his suggestion that people who view child pornography should not be jailed.

In a statement attributed to Flanagan and posted on the CBC website, the frequent panellist on the network said he absolutely condemns child sex abuse and he chose his words poorly while discussing the matter in Lethbridge, Alta., on Wednesday evening.

"In an academic setting, I raised a theoretical question about how far criminalization should extend toward the consumption of pornography," reads the statement posted on the blog of Kady O'Malley, also often a panellist on the News Network show "Power and Politics."

"My words were badly chosen, and in the resulting



Professor Tom Flanagan
LARRY MACDOUGAL/THE CANADIAN PRESS

uproar I was not able to express my abhorrence of child pornography and the sexual abuse of children. I apologize unreservedly to all who were offended by my statement, and most especially to victims of sexual abuse and their families."

Flanagan, who is a professor at the University of Calgary, was giving a lecture on the Indian Act at the University of Lethbridge, hosted by the Southern Alberta Council on Public Affairs.

In a statement, the CBC said it is ending its association with Flanagan. **THE CANADIAN PRESS**

South Africa. Watchdog group to probe death of man dragged by police van

They bound his hands to the rear of a van, and then sped off, dragging the slender taxi driver along the pavement as a crowd of onlookers shouted in dismay. The man was later found dead.

A video of the scene is all the more disturbing because the men who abused the Mozambican immigrant were uniformed South African police officers and the van was a marked police vehicle.

The graphic scenes of the victim struggling for his life shocked a nation accustomed to reports of police violence.

"The visuals of the incident are horrific, disturbing and unacceptable. No human being should be treated in that manner," said South African President Jacob Zuma.

The Daily Sun, a South African newspaper, posted the video footage Thursday sparking immediate outrage.

The police did not seem at all concerned by all the witnesses and the presence of cameras as they tied Mido Macia, a 27-year-old from neighbouring Mozambique, to the back of a



A still shot of South African police dragging Mido Marcia behind a van on Tuesday. Macia was later found dead in his cell.

THE DAILY SUN/THE ASSOCIATED PRESS

police vehicle, his hands behind his head. At least three policemen participated in the incident. Macia was found dead in a Daveyton police cell late Tuesday.

A murder probe is underway on the evidence that Macia suffered head and upper abdomen injuries, including internal bleeding, the Independent Police Investigative Directorate, the police watchdog agency, said Thursday.

The injuries could be from the dragging and he could also have been beaten later in police custody. **THE ASSOCIATED PRESS**

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Turning left? If you haven't already, drop that phone

Drivers, beware. Trying to juggle a left turn while talking on the phone may be the most dangerous thing you can do behind the wheel

Drivers who talk on a cellphone (even one that's hands-free) while executing a left-hand turn at an intersection could be putting themselves at serious

risk, say neuroscientists who imaged the brain to see how it copes with competing tasks.

Making a left turn and chatting on the phone at the same time "could be the most dangerous thing they ever do on the road," said Tom Schweizer, director of neuroscience research at St. Michael's Hospital in Toronto.

Schweizer and his research team wanted to see how the brain deals with the often complex task of making a left turn at a busy intersection (where

most serious traffic accidents occur) when coupled with a common distraction like conversing by cellphone.

The team set up a driving simulator, which includes a steering wheel, brake and accelerator pedals, and a simulated traffic scenario on a monitor inside a functional MRI. The high-tech machine captures real-time images of the brain while a person performs a task or reacts to stimuli. Sixteen participants (seven females and nine males), aged 20 to 30, who

Quoted

"What was really striking, though, was how much of the visual cortex started to shut down. It was almost a 50 per cent drop."

Tom Schweizer, director of neuroscience research at St. Michael's Hospital in Toronto
On how your brain reacts to making a left-hand turn while talking on the phone.

had been driving an average of seven years, were put through

simulated driving tests while in the MRI. For consistency in the study, all were right-handed.

"What you see when they're doing a left-hand turn at a busy intersection, the entire brain lights up, which is far different from what brain areas are used when just doing straight driving or making a right-hand turn," he said. "You have to look at oncoming traffic, pedestrians and lights, and co-ordinate all that," he said. "It requires a significant amount of co-ordinated brain areas to

pull that off."

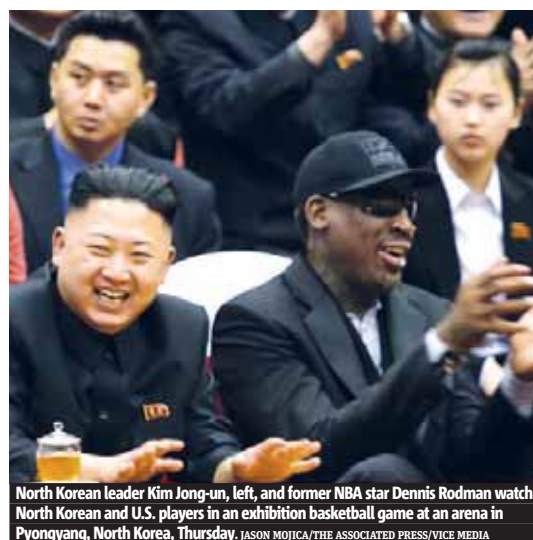
The researchers then added a distraction, in this case by asking true-false questions that were stand-ins for talking on a hands-free cellphone.

One question was: A triangle has four sides. True or false?

Schweizer said simultaneously trying to juggle a left turn and a verbal distraction (even a passenger speaking or a radio talk show) could make the traffic move that much more risky.

THE CANADIAN PRESS

He shoots, he scores. Dennis Rodman gets up close and personal with Kim Jong-un



North Korean leader Kim Jong-un, left, and former NBA star Dennis Rodman watch North Korean and U.S. players in an exhibition basketball game at an arena in Pyongyang, North Korea, Thursday. JASON MOJICA/THE ASSOCIATED PRESS/VICE MEDIA

Ex-NBA star Dennis Rodman hung out Thursday with North Korea's Kim Jong-un on the third day of his improbable journey with VICE to Pyongyang, watching the Harlem Globetrotters with the leader and later dining on sushi and drinking with him at his palace.

"You have a friend for life," Rodman told Kim before a crowd of thousands at a gymnasium where they sat side by side, chatting as they watched players from North Korea and the U.S. play, Alex Detrick, a spokesman for the New York-based VICE media company, told The Associated Press.

Rodman arrived in Pyongyang on Monday with three members of the professional Harlem Globetrotters basketball team, VICE correspondent Ryan Duffy and a production crew to shoot an episode on North Korea for a new weekly HBO series.

The unlikely encounter makes Rodman the most high-profile American to meet Kim since the young North Korean leader took power in December 2011, and takes place against a backdrop of tension between Washington and Pyongyang. North Korea conducted an

underground nuclear test just two weeks ago, making clear the provocative act was a warning to the United States to drop what it considers a "hostile" policy toward the North.

Kim, a diehard basketball fan, told the former Chicago Bulls star he hoped the visit would break the ice between the United States and North Korea, VICE founder Shane Smith said.

Dressed in a blue Mao suit, Kim laughed and slapped his hands on the table before him during the game as he sat nearly knee to knee with Rodman. Rodman, the man who once turned up in a wedding dress to promote his autobiography, wore a dark suit and dark sunglasses, but still had on his nose rings and other piercings. A can of Coca-Cola sat on the table before him in photos shared with AP by VICE.

"The crowd was really engaged, laughed at all of the Globetrotters antics, and actually got super loud towards the end as the score got close," said Duffy, who suited up for the game in a blue uniform emblazoned with United States of America. "Most fun I've had in a while." THE ASSOCIATED PRESS

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Open house: Tuesday, March 5
Concert: Tuesday, March 5, at 7:00 p.m. (free admission)

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211, avenue du Portage, Dartmouth, N.-É. - 433-7070
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Soirée poésie : le jeudi 7 mars à 18 h (entrée gratuite)

École Bois-Joli

211 Portage Avenue, Dartmouth, NS - 433-7070
Open house: Tuesday, March 5
Poetry evening: Thursday, March 7, at 6:00 p.m. (free admission)

École des Beaux-Marais

5261, route 7, Porter's Lake, N.-É. - 827-4621
Portes ouvertes : le mardi 5 mars
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École des Beaux-Marais

5261 Route 7, Porter's Lake, NS - 827-4621
Open house: Tuesday, March 5
Family night: Tuesday, March 5 at 6:30 p.m. (free admission)

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201A, avenue du Portage, Dartmouth, N.-É. - 433-7000
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Star d'un soir : le mercredi 6 mars à 19 h (entrée gratuite)

École du Carrefour

201A Portage Avenue, Dartmouth, NS - 433-7000
Open house: Wednesday, March 6
Star for a night: Wednesday, March 6 at 7:00 p.m. (free admission)

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Projet de sept (7) organisations qui partagent les mêmes buts en éducation : Conseil scolaire acadien provincial (CSAP), Équipe d'alphabétisation - Nouvelle-Écosse; Université Sainte-Anne (USA), Fédération des parents acadiens de la Nouvelle-Écosse (FPANE), Centre provincial de ressources préscolaires (CPRPS), Conseil jeunesse provincial (CJP) et ministère de l'Éducation de la Nouvelle-Écosse.

Project of seven (7) organisations sharing the same goals in education: Conseil scolaire acadien provincial (CSAP), Équipe d'alphabétisation - Nouvelle-Écosse; Université Sainte-Anne (USA), Fédération des parents acadiens de la Nouvelle-Écosse (FPANE), Centre provincial de ressources préscolaires (CPRPS), Conseil jeunesse provincial (CJP) and Nova Scotia Department of Education.



A tale of two job prospects

New grads.

Good timing versus the ticking clock: Two grads tell of their success and challenges in a hostile job market



JOE LOFARO
Metro in Ottawa

For Chris Meelker, finding work after graduating from Confederation College's Aerospace Manufacturing Engineering Technology program in 2011 was relatively easy.

After all, he had a job waiting for him at Bombardier — the largest aerospace company in Canada — before he took off his mortarboard.

The 26-year-old methods analyst said there were a few factors that led him to where he is today.

For one, he dropped out of Carleton University's engineering program in Ottawa.

"It was not what I thought it was going to be, and I could see that with the number of people there, the competition was going to be fierce," he told Metro



Chris Meelker, 26, says luck was on his side. CONTRIBUTED

in a phone interview from Montreal, where he works.

The program was a little too theoretical, he said, so he applied to Confederation College in Thunder Bay. In his last year, a member of Bombardier interviewed his graduating class for positions at the company.

He, along with four other graduates, passed and started work after just one month.

Not bad for someone who, at the time, was 24 and fresh out of college. He admits, though, that luck was on his side.

"I think it was really a case of timing," said Meelker. "Bombardier was working on a new program that they were hiring

for, and we were graduating at the right time."

With no student debt — he worked during school and the summers — he is now saving his money to buy a new house.

When asked why some youth are struggling to find work these days, he, like most, couldn't give a clear answer.

However, he said it may be related to simple numbers.

"When you have a ... class of 400 to 500 people at every major school in Canada and you think that every year they're pumping out thousands of engineering grads — how can there be demand for that sort of thing?" he said.

One of the lost

"I want to start a family.... Going back to school is counter-productive to that aim."

Aldin Basic, educated but unemployed

You can count Aldin Basic as one of the lost — the host of Canadian 20-somethings with a university degree that struggle to find work in their field.

In fact, Basic has two degrees — one in biochemistry and one in psychology from the University of Ottawa. He got the latter in October 2012.

But for the past four months, the 26-year-old hasn't been able to get his foot in the door. He wants to get into pharmaceutical or biomedical sales.

"Something where I can use both my theoretical knowledge and technical skills from science with communication skills that I've obtained from psychology and business," said Basic in an interview with Metro in Ottawa.

After fruitlessly sending out more than 200 job applications to various places since last May, he decided a couple of months



Aldin Basic, 26, has two degrees and no job. CONTRIBUTED

ago to try a different approach — investing considerable time in researching positions and developing contacts within a desired company before applying.

"I heard a statistic that says only 20 per cent of jobs are actually advertised on job search engines," said Basic. "So in order to increase your hit rate, you have to somehow become part of that inner circle. And when you're a recent graduate that has no real experience within the field you're trying to get into, getting into that inner circle is very difficult."

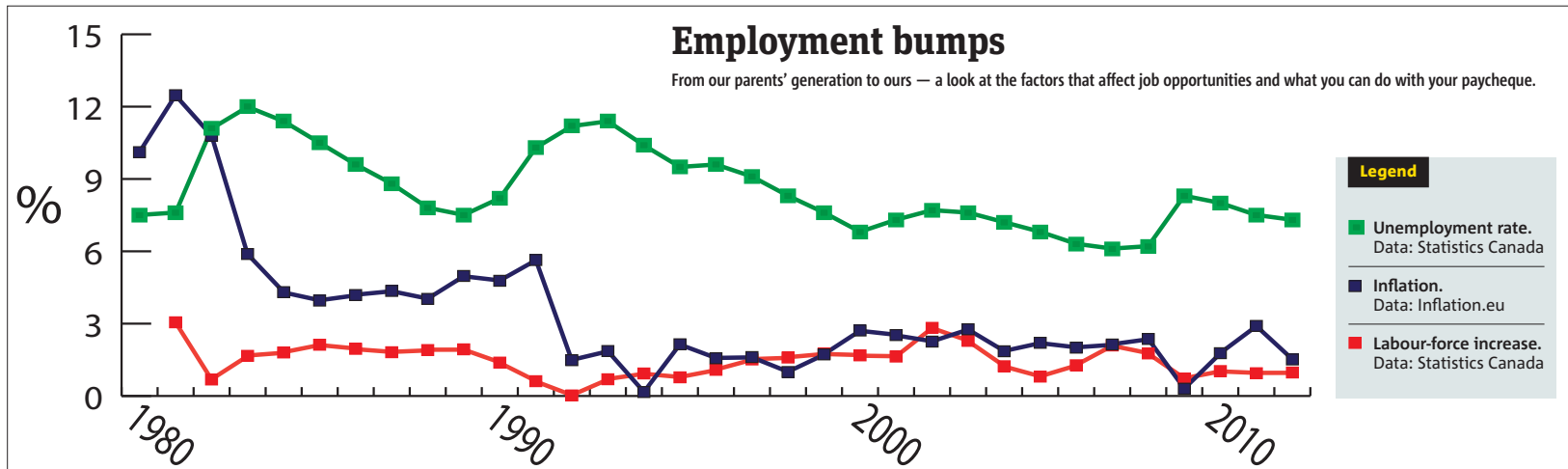
Part of the problem, he said, is that baby boomers are staying at their jobs longer while

more grads are coming out of university looking for work.

He said other stalled graduates he knows have either gone to graduate school or have gone to study other degrees. But for him, those are no longer options.

The clock is ticking. He gave himself a March 7 deadline — his 27th birthday — to find work. After that, he said he would broaden his job search outside of Ottawa.

"I want to start a family. I want to start helping my parents out at home. I want to start living a life right now," he said. "Going back to school is counterproductive to that aim."



This ain't our parents' economy



ALEX BOUTILLIER
Metro in Ottawa

When my parents were 26 and freshly out of university, they were expecting their first child and building their own house on land they owned.

Many in my generation are having a slightly ... different experience as we transition into our post-undergraduate life. And we're more likely to have a harder time getting started

on the next chapter.

True, unemployment among younger workers is much lower than it was after the recessions of the 1980s and 1990s. A recent study from the Certified General Accountants Association of Canada found that unemployment among younger workers between the ages of 25 and 29 was 7.8 per cent in 2011 — palling in comparison to the early '80s (12.9 per cent) and '90s (13 per cent).

At the same time, how-

Out of the loop

80%

Most businesses want to hire grads at the beginning of the final year of post-secondary education. They recruit right out of school, but 80 per cent of students don't know this, TalentEgg says.

ever, the barriers facing young people in getting a post-secondary education are increasing. In Ontario, tuition increased 200 per

cent between 1991 and 2007, according to the Communities Foundation of Canada. Ditto for Nova Scotia — where my parents built that house — and Alberta.

But a bachelor's degree, we were often told, was the new high school diploma, so off we went. And then, as my colleagues of the class of 2009 emerged bleary-eyed from the Groves of Academe, we found ourselves in the height of the recession. The economics majors explained to the rest of us why

that was bad.

Struggling to pay off student debt in a tough job market certainly makes it more difficult to pursue those adult goals, such as owning a home or not eating rice every meal.

But don't despair, soon-to-be-recent graduates. There are still many paths — they may just be a little more winding.

"What is key is for students to get into the job market while they are in university," explains David Lewis

Rodas-Wright, the University of Ottawa's employer-relations co-ordinator.

Rodas-White points to volunteerism, employer co-ops and internships — which my friends in journalism know all too well — to build up skills prior to graduation.

There is no doubt that there's a wall waiting at the end of graduation. But it's not necessarily taller than those previous generations faced. It's just different — like the ways over it.

Does TV lie to you? Experts put six celeb job paths to the test



Who: Betty Suarez
Path: Co-op

Perception: This is a backstage pass into the labour force

"Nowadays a co-op is the best way to make connections and develop enough experience to get a job right out of school."

Lauren Friese
Founder, TalentEgg, an online job-search tool for students and new grads



Who: Hannah of Girls
Path: Internship

Perception: You will be exploited for free labour

"There isn't necessarily a job at the end of the tunnel, but it can be a positive thing."

Lauren Friese



Who: Don Draper of Mad Men
Path: Straight job

Perception: There are no jobs

"Generation Y doesn't want to work their way up. They think they deserve meaningful jobs."

Lauren Friese



Who: Gordon Ramsey of Hell's Kitchen
Path: Entrepreneur

Perception: Most businesses fail in the first three years

"I see it as taking on a mortgage versus renting. Taking on a mortgage is a lot more risk but at the end of the day, it's yours."

Megan Summers
Founder, DinnerPlate, a catering logistics company



Who: Mike Holmes of Holmes on Homes
Path: Entrepreneur

Perception: It's dirty work

"We're looking at shortages of trades people because over the last couple of decades we've told students to go and get tech jobs."

Ingrid Argyle
Project manager
Ottawa Integrated Local Labour Market



Who: Sheldon from the Big Bang Theory
Path: Forever student

Perception: You will be over-educated and underemployed

"In university life, the job is to study and perform. The problem is they don't have a chance to get out and connect with people in the labour market."

David Lewis Rodas-Wright
Spokesperson, employer relations at University of Ottawa

METRO

Youth on the chopping block



STEVE COLLINS
For Metro in Ottawa

If you're young and out of work, you may feel the deck's stacked against you — and some of the numbers agree.

Youth unemployment "tends to hover at about twice the national rate," said BMO senior economist Sal Guatieri, who notes it peaked at 16.4 per cent during

the recent economic downturn. For those 25 and over, it peaked at 7.3 per cent.

Worse, according to a study by the Community Foundations of Canada, youth aged 15 to 24, who make up 16 per cent of the work force, accounted for 50 per cent of the recession's job losses.

"It's last in, first out for those with the least experience or seniority," Guatieri said.

The good news, he offered, is that while youth employment took the biggest hit when the job market tightened, it's also on a faster rebound.

"The youth unemployment rate has fallen twice as fast as the adult unemployment rate since peaking," he said. "It's just that it, of course, peaked at a much higher level."

He advises young people to "be patient and get as

Job cuts

"It's last in, first out for those with the least experience or seniority."

Sal Guatieri, BMO senior economist

much education and training for the type of jobs that are in demand today: the high-tech positions, the professional services — those kind of jobs." Then wait for

the economic picture to improve.

"We really are dependant on the American consumer to pick up their socks and spend a little faster before Canadian exports recover and our economy strengthens," he said.

"We see that scenario unfolding later this year and into next year, so it may just be a matter of time before the youth unemployment rate falls more significantly."

Exclusively online

Head online to metronews.ca for interviews with experts who tackle the pressing questions:

Talent recruiter Stefan Danis helps youth cut through today's tough jobs market

- Is it really harder for today's grads to get jobs?
- How long is a good resumé?
- What's the biggest job seeking mistake?

Youth job market's 10-year outlook is a storm for students, says expert

- How is the "go to school, get a degree, get a good job" career path working today?

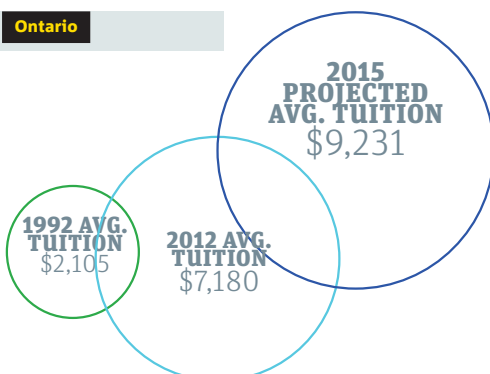
- Is it time to redefine how we measure success?

- If we can't find jobs, should we become entrepreneurs?

Young entrepreneurs encourage those struggling to set up small businesses

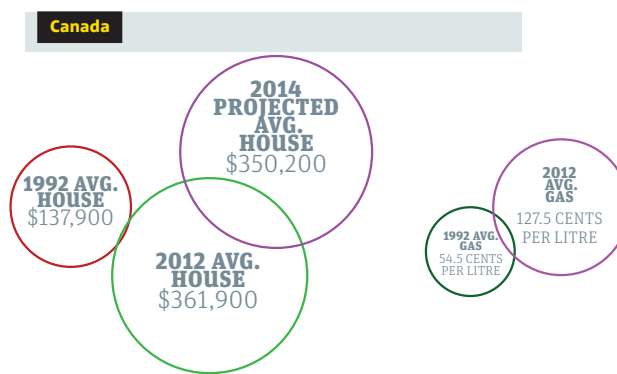
- Is it best to get startup funding from the Canadian government?
- What role does starting capital play in beginning a business?
- What advice would you give an aspiring business major?

Ontario



SOURCE: CANADIAN FEDERATION OF STUDENTS

Canada



SOURCE: RBC

SOURCE: KENT MARKETING SERVICES

As students embark on post-secondary education, they are met with increasingly high levels of tuition. That, coupled with the increasing cost of living, and a daunting job market, can make expectations that much more unmanageable. METRO



Lost your wallet? Get your phone out

Make like a pigeon.
'Stickers' let you home in on lost items via Bluetooth device

Jimmy Buchheim is behaving oddly.

On the floor of the world's largest cellphone trade show in Barcelona, Spain, he's looking at the screen of his iPod Touch, taking a few steps, and then looking again. Now and then he backtracks or turns, and looks again. Slowly, he confines his movements to a smaller and smaller area. Then he drops to his knees, and checks the screen again.

"There we are!" he says. Buchheim has found his keys, which had been hidden behind a wastebasket by a skeptical reporter. On the key ring is a small disc, slightly bigger than a quarter. That's what Buchheim was homing in on, with his iPod.

Buchheim's Davie, Fla.-based company, Stick-N-Find Technologies, wants to give people a way to find things,



Stick-N-Find THE ASSOCIATED PRESS

whether it's keys, wallets, TV remotes or cat collars.

There's no real trick to sending out a radio signal and having a phone pick it up. That's been done before. What makes the Stick-N-Find practical is a new radio technology known as Bluetooth Low Energy, which drastically reduces the battery power needed to send out a signal. That means the disc can be small, light enough for its sticky back to adhere to a lot of surfaces and be powered by a battery that lasts up to two years without recharging. The

signal can be picked up as far as 300 feet away, under ideal circumstances. At the wireless show, though, the range was about 20 feet.

One downside: It's not cheap. Stick-N-Find charges \$50 for two "stickers" from its first production run.

Another downside is that few devices can pick up the signals. Bluetooth Low Energy is expected to become a standard feature in phones, but it's not yet. Also, it won't tell you exactly where your sticker is located, only how far away it is.

THE ASSOCIATED PRESS

Heel!

Users can set up a virtual "leash" between a sticker and a Bluetooth device. When the two move a certain distance away from each other, the sticker can start beeping, or the device's screen can show an alert. That way, you could use a sticker in your wallet, linked to your phone, to let you know if you're leaving either one behind.



Walking Dead no more?

This image shows a scene from the AMC hit The Walking Dead. Negotiations over a distribution deal between U.S.-based AMC and media giant Rogers Communications are heating up. Some Rogers customers reported Wednesday that online banner advertisements informed them that they "lost" or will lose The Walking Dead on their lineup. The confusing ads — AMC was still being carried by Rogers — seem to be displayed to customers with Rogers IP addresses. A spokeswoman said Rogers has no plans to pull the channel. Earlier this week, AMC warned some Canadians that they were at risk of losing popular shows if an agreement is not reached by Thursday at 11:59 p.m. RUSSELL KAYE/AMC/THE ASSOCIATED PRESS

February optimism

Small-business confidence up

Small businesses appear to be feeling more optimistic, according to the latest survey by the Canadian Federation of Independent Business. The CFIB says its index rose a half a point to 66.2 on a scale of zero to 100. More than 50 means owners who expect their operations to be stronger in the next year outnumber those expecting a weaker performance. Alberta business owners remain the most optimistic. Ontario is slightly below the national average. THE CANADIAN PRESS

Market Minute

DOLLAR
96.96¢ US (-0.79¢)

TSX
12,821.83 (+89.44)

OIL
\$92.05 US (-71¢)

GOLD
\$1,578.10 US (-\$17.60)

Natural gas: \$3.48 US (+7¢)
Dow Jones: 14,054.49 (-20.88)

A little less pepper and a bit more sodium citrate



Flavour spheres created by Modernist Pantry owners Christopher Anderson and Janie Wang using their spherification products. CHERYL SENTER/THE ASSOCIATED PRESS

Milk, eggs, cheese, tomatoes, transglutaminase, sodium citrate...

It may not sound like the last grocery list you wrote, but the growing appeal of so-called modernist cooking — a science-tastic take on haute cuisine — has more home cooks adding laboratory-worthy ingredients and gizmos to their shopping. And that, of course, has spawned a mini-niche of online companies selling everything you need to play culinary alchemist at home.

At least a half-dozen companies now sell once-elusive in-

gredients like sodium citrate to emulsify cheeses into creamy sauces, "popping sugar" that explodes in your mouth, and "meat glue" — transglutaminase — to create dishes like tilapia spaghetti (that is, "spaghetti" made from tilapia). Alongside traditional equipment like cookie sheets and hand mixers, you can purchase pipettes to create "caviar" from various liquids or smoke torches that infuse smoke flavour into dishes without heating them up.

Even big retailers are getting in on the action. Williams-Sono-

ma carries machines known as "sous vide," which cook using a warm water bath. Amazon offers ingredients such as agar-agar (to make gelatins) and xanthan gum (to thicken sauces), as well as whipping siphons to create foams and digital scales that allow the home chef to weigh down to the hundredth of a gram. How's that for precision cooking?

Experimenting with modernist cuisine, sometimes called molecular gastronomy, is the next step in the country's love affair with cooking.

THE ASSOCIATED PRESS

Storefront

Chris Anderson, a software developer, launched Modernist Pantry with his wife two years ago when he couldn't find the ingredients needed for his culinary dabbling. Today, Modernist Pantry carries more than 300 ingredients, as well as equipment, for the home kitchen, drawing 60 per cent of its business from home cooks. Anderson says sales have increased 10 times since launching.

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Education. Apple says iTunes U downloads top 1B

Apple says people have downloaded more than one billion items from iTunes U, which features free books, lectures and other information from schools, libraries and museums around the world.

Apple Inc. said Thursday that there are now single iTunes U courses with more than 250,000 students enrolled in them. Eddy Cue, senior vice-president of Internet software

and services, calls this a "phenomenal shift in the way we teach and learn."

Apple says more than 1,200 universities and 1,200 K-12 schools host courses on iTunes U. Stanford University in Palo Alto, Calif., and The Open University, an online learning centre based in the U.K., each had more than 60 million pieces of content downloaded.

THE ASSOCIATED PRESS

Group Gone Broke

Girls Gone Wild files Chapter 11

The company behind the Girls Gone Wild video empire has filed for bankruptcy in a move it says is an effort to restructure its legal affairs after several disputed court judgments.

GGW Brands LLC and several subsidiaries listed more than \$16 million in disputed claims. The largest claim is \$10.3 million that Wynn Resorts Limited is seeking

from the company for judgments entered against GGW founder Joe Francis over a gambling debt and statements he has made about the casino and its founder.

Francis no longer owns the company, which has made a fortune selling videos and magazines of young women flashing their breasts.

GGW issued a statement that it is financially strong but needed to "re-structure its frivolous and burdensome legal affairs."

THE ASSOCIATED PRESS

Always keep cash on you

Google holding onto \$48B: CFO

Google's CFO says the company plans to cling to its growing stash of cash to pay for potential acquisitions and other investments that could boost its profits. Patrick Pichette explained the rationale for holding on to \$48 billion in cash at a conference Thursday.

The money management of publicly traded

companies is getting more attention as more firms hoard huge amounts of cash instead of introducing or increasing dividends to reward stockholders.

Apple Inc., the world's most valuable company, is currently under the most scrutiny because it holds \$137 billion in cash.

Pichette says Google wants to have plenty of cash so it can "pounce" on acquisition opportunities. He didn't identify potential targets.

THE ASSOCIATED PRESS



Blood, sweat and banknotes

Belarusian artist Igor Arinich shows an image made of hundreds of Soviet-era banknotes in Minsk, Belarus. Arinich has used Soviet banknotes which he buys at local flea markets in Belarus for his works. His works include portraits of Soviet founder Vladimir Lenin, Venezuelan President Hugo Chavez and Belarusian President Alexander Lukashenko.

SERGEI GRITS/THE ASSOCIATED PRESS

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TAYLOR SWIFT, GOAT GOT YOUR TONGUE?



THE LIST
Paul Sullivan
metronews.ca

Another wacky week for the world ...

1 Oscar badness. The week opened way off Broadway with the Seth MacFarlane-hosted Oscars.

The creator of Family Guy managed to offend everyone's sensibilities with jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination. But the ratings were up! What a relief!

2 How many Supreme Court justices? Speaking of hate, did anyone understand the Supreme Court of Canada's ruling about some guy in Saskatchewan who says vicious things about gay people (no joke)? According to the venerable justices, it's free speech to go ahead and offend other people, but it's illegal if, in the process, it exposes those people to hatred. By that test, is it OK for Shakespeare to declare "Kill all the lawyers," unless someone actually does?

3 Pope no more. Meanwhile, the pope has left the building. The Vatican, that is. For the first time in 600 years, the Pope resigned. Not much has changed, however. Pope Emeritus Benedict will still be called His Holiness, still gets to wear a white cassock and still thinks gay marriage is a care-free union between a man and a woman.

4 In other goofy Italian news. Silvio Berlusconi, the exact opposite of the pope, made a surprising comeback and finished a close second in the Italian election. The stock market wasn't the only institution that reacted badly to the news that the bunga-bunga party guy is back. The pope didn't resign. He quit in disgust.

5 Beam us up, Scotty. Former space tourist and multi-millionaire Dennis Tito is teaming up with SpaceX to send a middle-aged married couple to Mars as early as 2018, an entirely privately funded expedition. Well, to Mars's vicinity, anyway; the closest the lucky couple will get is 100 miles. They'll orbit the Red Planet, then turn around and come home. Imagine a 501-day road trip in a Mini with your spouse and you can only begin to comprehend what a perilous mission this is.

6 Who knew? It's not Atlantis, it's Mauritania. Not a sneeze but a lost continent that sank off the coast of Madagascar. Mauritania wasn't really much as continents go, only about a quarter the size of Madagascar, but when you lose something that big, why does it take 85 million years to notice? So Atlantis could be down there somewhere. We just have to wait for James Cameron to find it.

7 Taylor Swift got yer goat. Gotta love the Internet. A magnificent tool for sharing knowledge and YouTube videos of Goats Yelling Like Humans, including a mix of Taylor Swift singing and goats yelling. The challenge is to tell them apart. I'm not making this up: youtu.be/LEdqn-Gtg-s

Follow The Metro List on
Twitter @TheMetroList



Jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination equal ratings. Sounds right. KEVIN WINTER/GETTY IMAGES

A polar molar checkup



MCT VIA GETTY IMAGES

Animal procedure

Polar bear gets root-canal routine

For his routine dentist checkup, this fearsome predatory animal needed a general anesthetic — for his comfort and the safety of others. Boris, one of three resident polar bears at the Point Defiance Zoo & Aquarium in Tacoma, Wash., underwent a root-canal exam last weekend to repair an infected canine tooth. **MWN**

Boris the polar bear

- **Length.** About nine feet.
- **Weight.** 922 pounds.
- **Born.** Dec. 15, 1985, at the Rostock Zoo in Germany.
- **Arrival at current zoo.** November 2002 after being rescued from a circus in Puerto Rico.
- **Life expectancy.** As long as 40 years (captivity), 30 (in the wild).

Sequence of events

12 staff members help bear weight

A veterinarian went to the zoo's Arctic Tundra exhibit last Saturday and shot Boris with a tranquilizer. The bear was then given a sedative before a dozen able-bodied staff members hoisted the enormous animal onto a stretcher. Afterward, the bear was put on a padded operating table and placed on a ventilator to allow medical staff to examine him. **MWN**

Procedure in numbers

4.5

hours is how long Boris's procedure took.

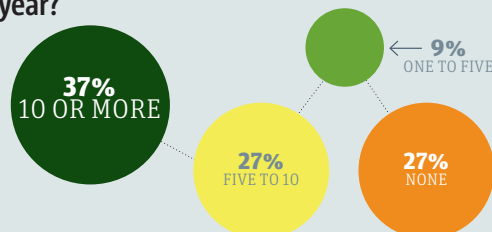
Apart from his root-canal treatment, Boris had a lump removed from his eye to improve his vision, and got his claws trimmed.

Boris was on his paws walking about two hours after the medical work, eating soft foods and receiving painkillers.



Register at metropolitanpanel.ca
and take the quick poll

How many books will you likely read this year?



Twitter

@laurahubb: Venturing to Dartmouth today. If anyone wants to come as my body guard, it would be greatly appreciated. #joking #notreally #halifax

@MorrisseyCarmen: I just don't understand why so many people on the Twitter think their so much smarter than everyone else in #Halifax. So many egos.

@CraigJButton: Jonathan Drouin past 60 games

with Halifax: 43 this season & 17 playoff games last season. 46 goals, 74 assists 120 points and a +49.

@SeriousFan09: What a year for the Halifax Mooseheads so far: 50-6-2-1 on their season. Scored 306G, allowed 153GA. A perfect 2-1 ratio.

@freefoodfilms: Spotted a frozen turkey sitting on top of a wall on my way to work this morning. So strange... #Halifax



Nicholas Hoult stars in *Jack the Giant Slayer*. CONTRIBUTED

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Fee, fi, fo, humdrum?

Jack the Giant Slayer.
This retelling of a classic fairy tale gets mixed reviews

Richard: Mark, this is what used to be called a “ripping good yarn.” It’s got all the ingredients of classic fairy tales — a pretty princess, heroics galore, a dash of romance and loads of giant slaying! It’s a change from the usual Hollywood fairy tale retellings in that it remains fairly true to the source — there’s no Snow White and the Huntsman style ennui here — but what starts out as a family friendly romp turns much darker near the end and won’t be appropriate for younger Jack and the Beanstalk fans.

Mark: I agree with “ripping,” I’m fine with “yarn.” It’s “good” I have trouble with. I thought it was made for

people who enjoyed Clash of the Titans but found it a wee bit too cerebral. Here’s my plot synopsis: A giant beanstalk opens up a portal between Earth and the skies above, and one hour and 46 minutes of the audience’s time is lost forever ... I may never eat edamame again.

RC: But edamame is delicious! And so are parts of this movie. A small family could live underneath Nicholas Hoult’s cheekbones and the giants are really cool. It’s a large-scale CGI epic like Clash of the Titans, but I thought this one was far more successful in creating a world for the characters to live in. It’s a simple story of good versus evil, and in a battle between Clash’s Kraken and this movie’s giants, I’d bet on the giants.

MB: The giants give good grunt, I’ll give you that, but there’s not a lot of good dia-

logue in this picture and the acting is rote. Let’s face it, the beanstalk has the best part.

RC: The beanstalk certainly takes top billing, but I thought it was fun to see Ewen Bremner — Spud from Trainspotting — in a juicy villain role, backing up an evil Stanley Tucci, who seems to be having fun here. I saw it as a large-scale English pantomime without the songs. There’s slapstick, elaborate costumes and you’re supposed to boo at the bad guys and cheer for the heroes. It won’t become a staple in my DVD collection, but I enjoyed watching the giant chef prepare pigs-in-a-blanket with live pigs!

MB: Richard, that’s the one witty note in the picture, and it made me laugh too. So much more could have been made of the giants’ surreal world, but the film is surprisingly ... earthbound.

Synopsis

The action in this epic retelling of Jack and the Beanstalk begins when the king’s advisor Roderick (Stanley Tucci) hatches a plot to steal an enchanted crown and six magic beans that hold the key to opening a gateway between Earth and Gantua, the land of the giants. Enter poor farmer Jack (Nicholas Hoult) who becomes involved when he unwittingly sows a seed that sprouts a giant beanstalk, literally shooting the princess Isabelle (Eleanor Tomlinson) skyward into the humongous hands of the giants. Determined to rescue her, Jack battles the giants, wins the respect of the king and the love of a princess.

• Richard: ●●●●●

• Mark: ●●●●●

2 SCENE

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Williams takes on iconic screen character that's oddly ... happy

Oz the Great and Powerful. Actress takes a departure from serious, dour films in her role as Glinda the Good Witch



NED
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Metro World News in Hollywood

In *Oz the Great and Powerful*, Michelle Williams takes on one of the most iconic screen characters in Hollywood history, Glinda the Good Witch, first seen in the *Wizard of Oz*. It's not her first time tackling an icon — or even an icon popular with drag queens.

The Wizard of Oz is popular with the drag community. Have you given any thought to the idea of drag queens taking on your role? Yeah, baby! Yes, yes. Bring it on. I feel like they would put a naughty under the nice.



Michelle Williams as Glinda the Good Witch in *Oz the Great and Powerful*. CONTRIBUTED

Have you ever seen a drag interpretation of one of your roles?

Marilyn probably doesn't count, but there's clearly a lot out there. While I was making the movie I saw this drag performance of Marilyn on YouTube and I had to shut it down within 10 seconds because I was like, "That motherf—er is better

than me. That motherf—er! I will never match what he's able to do." He was recreating all of her famous numbers to a T. But ... I can't imagine Wendy from *Wendy and Lucy* is big on the drag circuit.

It's oddly refreshing to see you in a movie that's so... Happy?

Your films over the last few years have leaned toward the serious and dour, yes. Was this a conscious effort to get something a bit lighter on your filmography?

I never think about it from an outside point of view, like, "Now it's time to do something light." But I did feel within my own soul, I felt like I'd had the marrow sucked out of me,

especially with *My Week With Marilyn*, just because it was so difficult. The core of who she was was very affecting for me to live inside of, so I was feeling more open to doing something that didn't come at a personal cost. For me, I never feel like, "Oh, I have so many things to choose from and I just can't pick. There's just so many great options." It's kind of like desert, desert, desert, desert, oasis! So when that comes along, when I have that feeling from reading a script, whether it's big or small or light or dark, it's really more about if I see an outline of a character that I want to fill in.

I'd assume that you're getting sent all of the best stuff out there.

I haven't worked since I made this movie. I haven't worked in over a year. It was a conscious choice, I definitely wanted to take some time off. This was a long movie to make and I like my life and it takes a lot to take me away from my family. But that choice wasn't ... constantly tested, for better or worse.

Top of the chain

"The thing I was most interested in capturing was the comfort level that comes with the self-recognition that you're the very tip-top of the food chain. I don't know what that's like in real life ... So even when a six-foot-five, 240-pound monster of a man comes into the room, to you it's just like taking a breath."

Benjamin Bratt on playing Mexican cartel kingpin El Topo in *Snitch* (now in theatres) and looking calm in the face of an intimidating Dwayne Johnson
NED EHRBAR



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Comedy



21 & Over

Stars. Miles Teller, Skylar Astin, Justin Chon

Directors. Jon Lucas, Scott Moore

The raucous directorial debut from *The Hangover* writers Jon Lucas and Scott Moore gives us one 21st birthday you'll wish you could forget. When former high school buddies Miller and Casey reunite to celebrate their friend Jeff Chang's big day, 24 hours of debauchery puts their friendships and futures to the test. Coming of age has never been so tedious in this lacklustre comedy that relies solely on vomit, male nudity and ethnic stereotypes for laughs.

MANORI RAVINDRAN/METRO

Drama



Charlie Zone

Stars. Glen Gould, Amanda Crew

Director. Michael Melski

Avery (Gould) is an ex-convict and a disgraced boxer who makes his living fighting strangers for money. When he is hired to rescue a runaway (Crew) from two drug dealers, Avery hopes the job will provide him with some much-needed cash to start over. *Charlie Zone* is a dark and violent film that takes many unexpected turns, but few are satisfying. Though the story is held together by weak connections, the performances are solid.

REGAN REID/METRO

Cannes. Spielberg to head film fest jury

France's Cannes Film Festival has finally snagged Steven Spielberg to serve as president of the award jury.

Gilles Jacob, the festival's president, said he had been trying to get the award-winning director to head the jury for years — but the American was always working. Finally, this year, Spielberg got in touch.

Spielberg, who was nominated but didn't win the directing Oscar for his biopic *Lincoln* this week, takes the reins from Italian Nanni Moretti. The 66th Cannes festival takes place in the glamorous French Mediterranean resort from May 15 to 26.

Spielberg's presence will likely give more of an American flavour this year to the Cannes festival, a melange of intellectual international cinema and Hollywood glamour.

Jury presidents in the festival's seven-decade history have included such figures as Tennessee Williams, Ingrid Bergman, Roman Polanski and Francis Ford Coppola.

Spielberg has had several films show at Cannes, and *E.T.* had its world premiere there in 1982.

THE ASSOCIATED PRESS



The last exorcism ... was just the beginning

Ashley Bell returns as Nell Sweetzer in *The Last Exorcism Part II*, which opens in theatres this weekend. The film picks up from 2010's surprise hit about demonic possession, as Nell tries to gather the pieces of her life and start fresh, only to be targeted by the same evil that possessed her the first time. **METRO**

THESE PAGES COVER MOVIE START TIMES FROM FRI., MARCH 1 TO THURS., MAR 7. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Bayers Lake 190 Chain Lake Dr.

21 and Over (STC) Dolby Stereo Digital, Fri-Thu 1:10-3:35-7:40-10
Dark Skies (STC) Dolby Stereo Digital, Fri-Thu 1:15-4:05-7-10-20
Escape From Planet Earth (STC) Dolby Stereo Digital, Fri-Thu 1:3-25-6:45
Escape From Planet Earth 3D (STC) Dolby Stereo Digital, Fri-Thu 1:20-3:45
A Good Day to Die Hard (STC) Dolby Stereo Digital, Fri-Thu 12:10-3:05-7:45-10:10
Hansel & Gretel: Witch Hunters 3D (14) Dolby Stereo Digital, Fri-Thu 7:20-9:45
The Hobbit: An Unexpected Journey (PG) , Dolby Stereo Digital, Fri-Thu 12:35
The Hobbit: An Unexpected Journey 3D (PG) , Dolby Stereo Digital, Fri-Thu 4:25-8
Identity Thief (STC) Dolby Stereo Digital, Fri-Wed 12:40-3:20-6:50-9:40 Dolby Stereo Digital, Thu 12:40-3:20-9:40
Jack the Giant Slayer (STC) No Passes, Fri-Thu 12:30-6:55
Jack the Giant Slayer 3D (STC) No Passes, Fri-Thu 3:15-9:35
The Last Exorcism Part II (STC) Dolby Stereo Digital, Fri-Thu 1:25-3:50-7:55-10:15
Life of Pi (PG) Dolby Stereo Digital, Fri-Thu 12:25-6:40
Life of Pi 3D (PG) Dolby Stereo Digital, Fri-Thu 3:20-9:55
Lincoln (PG) Dolby Stereo Digital, Fri-Thu 12:20-3:40-7:05-9:50
Quartet (PG) Dolby Stereo Digital, Fri-Thu 12:30-3:10-6:35-9:05
Safe Haven (STC) Dolby Stereo Digital, Fri-Thu 12:55-4-7:30-10:15
Side Effects (STC) Dolby Stereo Digital, Fri-Thu 1:30-4:10-7:10-9:25
Silver Linings Playbook (14) Dolby Stereo Digital, Fri-Sun 12:05-3:30-7:50 Dolby Stereo Digital, Mon 12:05-3:30-9:55
Dolby Stereo Digital, Tue-Thu 12:05-3:30-7:50
Snitch (STC) Dolby Stereo Digital, Fri-Thu

12:45-3:30-6:30-9:15
Warm Bodies (14) Dolby Stereo Digital, Fri-Thu 9:10

Imax 190 Chain Lake Dr.,

Jack the Giant Slayer: An IMAX 3D Experience (STC) , No Passes Fri-Wed 12-3-7:35-10:20 , No Passes Thu 12-3-7:35
Oz the Great and Powerful (STC) No Passes, Thu 10:20

Oxford Theatre 6408 Quinpool Rd.

Amour (STC) Fri 6:30-9:10 Sat-Sun 3:45-6:30-9:10 Mon-Thu 6:30-9:10

Park Lane 5657 Spring Garden Rd.

21 and Over (STC) Dolby Stereo Digital, Fri 3:50-7:10-9:25 Dolby Stereo Digital, Sat-Sun 1:30-3:50-7:10-9:25 Dolby Stereo Digital, Mon 7:10-9:25 Dolby Stereo Digital, Tue 3:50-7:10-9:25 Dolby Stereo Digital, Wed-Thu 7:10-9:25
Charlie Zone (STC) Dolby Stereo Digital, Fri 3:45-6:45-9 Dolby Stereo Digital, Sat-Sun 1:15-3:45-6:45-9 Dolby Stereo Digital, Mon 6:45-9 Dolby Stereo Digital, Tue 3:45-6:45-9 Dolby Stereo Digital, Wed-Thu 6:45-9
Dark Skies (STC) Dolby Stereo Digital, Fri 4:15-7:20-9:45 Dolby Stereo Digital, Sat 1-7:20-9:45 Dolby Stereo Digital, Sun 1:40-4:15-7:20-9:45 Dolby Stereo Digital, Mon 7:20-9:45 Dolby Stereo Digital, Tue 4:15-7:20-9:45 Dolby Stereo Digital, Wed-Thu 7:20-9:45
Identity Thief (STC) Dolby Stereo Digital, Fri 4:05-7-9:35 Dolby Stereo Digital, Sat-Sun 1:05-4:05-7-9:35 Dolby Stereo Digital, Mon 7-9:35 Dolby Stereo Digital, Tue 4:05-7-9:35 Dolby Stereo Digital, Wed-Thu 7-9:35
Jack the Giant Slayer (STC) No Passes, Dolby Stereo Digital, Fri 4 No Passes, Dolby Stereo Digital, Sat-Sun 1:20 No

Passes, Dolby Stereo Digital, Tue 4
Jack the Giant Slayer 3D (STC) No Passes, Dolby Stereo Digital, Fri 6:50-9:40 No Passes, Dolby Stereo Digital, Sat-Sun 4-6:50-9:40 No Passes, Dolby Stereo Digital, Mon-Thu 6:50-9:40
The Last Exorcism Part II (STC) Dolby Stereo Digital, Fri 3:40-6:55-9:10 Dolby Stereo Digital, Sat-Sun 1:10-3:40-6:55-9:10 Dolby Stereo Digital, Mon 6:55-9:10 Dolby Stereo Digital, Tue 3:40-6:55-9:10 Dolby Stereo Digital, Wed-Thu 6:55-9:10
The Metropolitan Opera: Parsifal Live (STC) , Dolby Stereo Digital Sat 1
Oz the Great and Powerful 3D (STC) No Passes, Dolby Stereo Digital, Thu 9:15
Silver Linings Playbook (14) Dolby Stereo Digital, Fri 3:30-6:30-9:15 Dolby Stereo Digital, Sat-Sun 12:50-3:35-6:30-9:15 Dolby Stereo Digital, Mon 6:30-9:15 Dolby Stereo Digital, Tue 3:30-6:30-9:15 Dolby Stereo Digital, Thu 6:30-9:15 Dolby Stereo Digital, Wed 6:30-9:15
Snitch (STC) Dolby Stereo Digital, Fri 3:35-6:35-9:20 Dolby Stereo Digital, Sat 3:30-6:35-9:20 Dolby Stereo Digital, Sun 12:55-3:30-6:35-9:20 Dolby Stereo Digital, Mon 6:35-9:20 Dolby Stereo Digital, Tue 3:35-6:35-9:20 Dolby Stereo Digital, Wed 6:35-9:20 Dolby Stereo Digital, Thu 6:35

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21 and Over (STC) , Dolby Stereo Digital, Fri 7:05-9:25 , Dolby Stereo Digital Sat-Sun 2:40-7:05-9:25 , Dolby Stereo Digital Mon-Thu 7:05-9:25
Dark Skies (STC) , Dolby Stereo Digital, Fri-Thu 9:30
Escape From Planet Earth (STC) , Dolby Stereo Digital Sat-Sun 2:30
Escape From Planet Earth 3D (STC) , Dolby Stereo Digital, Fri 6:55 Dolby Stereo Digital, Sat-Sun 6:55 , Dolby Stereo Digital Mon-Thu 6:55
Identity Thief (STC) , Dolby Stereo Digital, Fri 6:35-9:20 , Dolby Stereo Digital Sat-Sun 2:10-6:35-9:20 , Dolby Stereo Digital

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Safe Haven (STC) Dolby Stereo Digital, Fri 6:15-9:10 Dolby Stereo Digital, Sat-Sun 2-6:15-9:10 Dolby Stereo Digital, Mon-Thu 6:15-9:10
Snitch (STC) Dolby Stereo Digital, Fri 6:25-9 Dolby Stereo Digital, Sat-Sun 2:50-6:25-9 Dolby Stereo Digital, Mon-Thu 6:25-9

Dartmouth Crossing 145 Shubie Dr.

21 and Over (STC) Digital, Dolby Stereo Digital, Fri 4:30-7:30-10:10 Digital, Dolby Stereo Digital, Sat-Sun 1:15-3:45-7:30-10:10 Digital, Dolby Stereo Digital, Mon-Thu 4:30-7:30-10:10
Beautiful Creatures (STC) Digital, Dolby Stereo Digital, Fri 3:30-6:25 Digital, Dolby Stereo Digital, Sat 6:25 Digital, Dolby Stereo Digital, Sun 12:30-6:25 Digital, Dolby Stereo Digital, Mon-Thu 3:30-6:25
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Escape From Planet Earth (STC) Digital, , Dolby Stereo Digital, Fri-Thu 4-6:35
Escape From Planet Earth 3D (STC) Dolby Stereo Digital, Fri 9:10 Dolby Stereo Digital, Sat-Sun 1:35-9:10 Dolby Stereo Digital, Mon-Thu 9:10
A Good Day to Die Hard (STC) Digital, Dolby Stereo Digital, Fri 3:50-6:55-9:45 Digital, Dolby Stereo Digital, Sat-Sun 1:10-3:50-6:55-9:45 Digital, Dolby Stereo Digital, Mon-Thu 3:50-6:55-9:45
Identity Thief (STC) Digital, Dolby Stereo

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The Metropolitan Opera: Parsifal Live (STC) Dolby Stereo, No Passes, Sat 1
Oz the Great and Powerful 3D (STC) Dolby Stereo, No Passes, Thu 9:20
Safe Haven (STC) Digital, Dolby Stereo Digital, Fri 4:05-7-9:50 Digital, Dolby Stereo Digital, Sat-Sun 12:55-3:55-7-9:50 Digital, Dolby Stereo Digital, Mon-Thu 4:05-7-9:50
Side Effects (STC) Digital, Dolby Stereo Digital, Fri 3:45-6:45-9:20 Digital, Dolby Stereo Digital, Sat-Sun 12:45-3:45-6:45-9:20 Digital, Dolby Stereo Digital, Mon-Thu 3:45-6:45-9:20
Snitch (STC) Digital, Dolby Stereo Digital, Fri 4:20-7:10-9:55 Digital, Dolby Stereo Digital, Sat-Sun 1:30-4:30-7:10-9:55 Digital, Dolby Stereo Digital, Mon-Thu 4:20-7:10-9:55
Warm Bodies (14) Digital, Dolby Stereo Digital, Fri-Sat 10:05 Digital, Dolby Stereo Digital, Sun 3:30-10:05 Digital, Dolby Stereo Digital, Mon-Thu 10:05

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20 Treaty Trail, Millbrook

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Jack the Giant Slayer 3D (STC) , No Passes Fri-Sat 6:25-9 , No Passes Sun-Thu 7:10
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Safe Haven (STC) Fri 6:35-9:10 Sat 2:50-6:35-9:10 Sun 2:50-7:20 Mon-Thu 7:20
Snitch (STC) Fri 6:55-9:30 Sat 3:10-6:55-9:30 Sun 3:10-7:40 Mon-Wed 7:40

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A tale of biblical proportions, from Genesis to Revelations

Roma Downey.

Touched by an Angel actress talks about new project with Mark Burnett, *The Bible*

Filming in the Moroccan desert with hundreds of extras, dozens of horses and carriages, burning buildings and firebombs made for an "epic" experience on the set of the new miniseries *The Bible*, say creators Mark Burnett and Roma Downey.

"It was a production of biblical proportions," Downey, former star of *Touched by an Angel*, said during a recent stop in Toronto with Burnett.

"And a lot of danger," added Burnett, the famed reality show producer who's married to Downey and has three teenagers with her.

"You've got 50 chariots with Arabian horses, thundering at 30 miles an hour across the desert — anything could happen.

We were so glad when those sequences finished."

Premiering Sunday on History, *The Bible* is a 10-hour, five-part docudrama that covers Genesis through Revelations.

Downey, who co-produced with Burnett, plays Mother Mary alongside Portuguese TV star Diogo Morgado as Jesus.

"It was such a privilege for me," said Downey, who hails from Northern Ireland.

"I have loved Mary my whole life, and the story of the passion of Jesus."

The international cast also includes Sean Teale, David Rintoul, Amber Rose Revah and Simon Kunz.

Emmy-winning actor/vocalist Keith David narrates to a musical score from Grammy- and Oscar-winning composer Hans Zimmer.

"It's a story that so many books — from Shakespeare (to) Narnia, *Lord of the Rings* and on a bizarre level, *The Matrix* — are biblically based (on), because these stories are so good," said the London-born Burnett.

Heavy cross

The most challenging part of the six-month shoot in Ouarzazate, Morocco last year was the crucifixion sequence, said Downey. It took three days to shoot on a hillside on the outskirts of town and will air Easter Sunday. "I'm sure we were all emotionally, spiritually and physically exhausted," she says.

"So we chose a selection of these stories. We can't tell the entire Bible in 10 hours. But the stories are so full of characters that you can just see yourself in."

"Ultimately, these stories are our stories," added Downey. "They're thousands of years old but it's the story of humanity and the struggles they had. And the hopes and the dreams that these people had are the same that we have today."

THE CANADIAN PRESS



Roma Downey plays Mother Mary in the History Channel miniseries *The Bible*. THE CANADIAN PRESS

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metro

Just give it to the best Canadian mime

Canadian Screen Awards. Gemini and Genies replaced by one big event

The inaugural Canadian Screen Awards combine the previous Gemini and Genie Awards into one joint TV and film celebration, but that's not enough for comic Naomi Snieckus.

In the name of efficiency,

she suggests throwing in the theatre world's Dora Awards — as well as a miming competition for good measure — to create an all-encompassing prize.

"It's going to be called the Mime-sies. Or the Dora-ginies," says Snieckus, best known as smart-aleck gym teacher Bobbi on CBC-TV's *Mr. D.*

For those still wrapping their heads around Canada's newest entertainment prize, the Canadian Screen Awards honour the best in homegrown

film, television and digital projects and will be broadcast Sunday on CBC-TV.

It replaces the previous Gemini Awards, which saluted Canuck-made TV, and the Genie Awards, which celebrated Canuck-made movies.

"We are in a time when no one has time for two awards nights. We have to put them together — we get it down, we party hard for one night. Compact," explains Snieckus, who will co-host CBC's online live

stream from the red carpet.

"You know, I think it could be done in 10 minutes," adds fellow comic Matt Baram, from the City sitcom *Seed*.

"We don't need a long awards show just because we've combined all the awards. In fact, why don't they just make one award and give it to the best Canadian?"

The revamped bash is part of sweeping changes the Academy of Canadian Cinema & Television brought in to draw

bigger audiences to "a bigger show with bigger impact."

Martin Short adds Hollywood heft as show host and a slew of cross-border stars have been recruited to present trophies: Sandra Oh, Genevieve Bujold, Jay Baruchel, Adam Beach, James Cromwell and Catherine O'Hara among them.

Short, who hosted the Gemini in 1989, says he's intent on making the inaugural gala entertaining, noting that he might unleash "a song or two."

And he approves of the combined format, admitting that he's fed up with the seemingly endless parade of award shows in the United States.

"Down here there are too many award shows. I mean, when I was a kid there were the Oscars and the Emmys. And now there are five examples of the Oscars before the Oscars. So it does kind of upstage a little bit and make it a little less special than it used to be." **THE CANADIAN PRESS**

TV Picks



This week on *Touch*, Martin (played by Kiefer Sutherland) searches for his gifted son. HANDOUT

Get heeled on Shark Tank

Shoes with interchangeable heels are among the inventions presented on Friday's episode of the entrepreneurial investment series *Shark Tank*. Other business ideas include a line of sugar-free nut butters and a tattoo-removal device. (CTV, ABC)

A meeting of the minds on *Touch*

On the Kiefer Sutherland numbers-filled drama *Touch*, which recently returned for a second season Friday nights, autistic mathematical genius Jake contacts the equally gifted Amelia and they meet without their parents knowing. As Martin (Sutherland) and Lucy (Maria Bello) search for their children, they find information on Calvin's brain-damaged brother. (Global, Fox)

On the hunt for fun in P.E.I.

Canadian pop singer Victoria Duffield performs in the finale of *Cross Country Fun Hunt*, a CBC online initiative

that asked kids to share their favourite local "fun spots" by uploading videos and pictures online. The winning spot, as chosen by 14,000 online votes, was Stratford, P.E.I. This finale airing Saturday features footage from a recent concert as well as a tour of Stratford. (CBC)

Enter the Ninja Warrior

American Ninja Warrior, which calls itself the "toughest challenge on Earth," is airing highlights and previously unseen footage from its fourth season on Saturday. The obstacle course competition series aims to crown one athlete a "true American Ninja Warrior" and offer a \$500,000 cash prize. (NBC)

Real talk with Alicia Keys

New episodes of the celebrity interview series *Oprah's Master Class* return Sunday, with an instalment featuring Alicia Keys. The Grammy-winning R&B singer opens up about being raised by a single mother in New York City, letting go of anger she had toward her father and following her passion for singing. (OWN)

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In control of No One In Control

Snowden. Metro talks to Jordan Jeffares about his sound, and a follow up six years in the making

HEIDI
PATALANO
scene@metronews.ca

Snowden mastermind Jordan Jeffares is emerging after more than six years off the scene with a new album. After his

2006 release *Anti-Anti*, which was roundly praised by critics, Jeffares disappeared altogether, because of a conflict with his record label. Known for introspective, echoing songs, loaded with the prettiest brand of longing and despair this side of The Cure, Snowden is now receiving advance praise for sophomore release, *No One In Control*, which comes out in May.

Jeffares says he never gave up making music. He just couldn't find a way to put it out.

"If you put it out naked, there's a good chance that no one will ever hear it," he says from his Austin, Texas, home. "It's very hard to get a record out properly anymore. Anyone can release a record — I could've put it out at any time — but without a push behind it, i.e. some finances, it can be hard."

Do you find that the longer you've worked on a song, the better it is?

I hope it is. I have a group of peers that I pass things around

to and I'll keep changing things until they smile.

But this new album feels like the follow up to *Anti-Anti* even though it's been more than six years.

I still think in the same rhythms. I still think in the same way because I work alone. Even though I try really hard just to step outside of my own head, there's only so much I can do and I find myself returning to similar themes over and over again. Even with this

much time and this much work on this record, I have strong themes that I'm drawn to, sonically, and that's how the record gets to sounding like it sounds now. That's why it sounds like a follow up, because it really is.

Do you think being in Austin will help you write different kinds of material?

Well, when I got here and I was trying to understand where my head was at as far as my writing goes, I read this Steve Earle quote about Austin. He said, "the weather was great, the women were beautiful and the drugs were too cheap and I wouldn't get anything done in a town like that." It explains why nothing good comes out of beach towns, including L.A., arguably. When life is so good, it's hard to find flux to create new moods. I've been trying to learn how to rethink here, to write without flux in my life.

You've been described as enjoying a sort of cold, snowy ambience in your songwriting. What songs or artists evoke that for you?

I've always been a big fan of The Cure's early to mid career, and of course My Bloody Valentine. I'm a huge Yo La Tengo fan. One of the bands that I'm constantly throwing out to my friends, trying to get them to pick up on is The Clientele. I don't understand how they're not one of the biggest bands in the world.

Mind the App

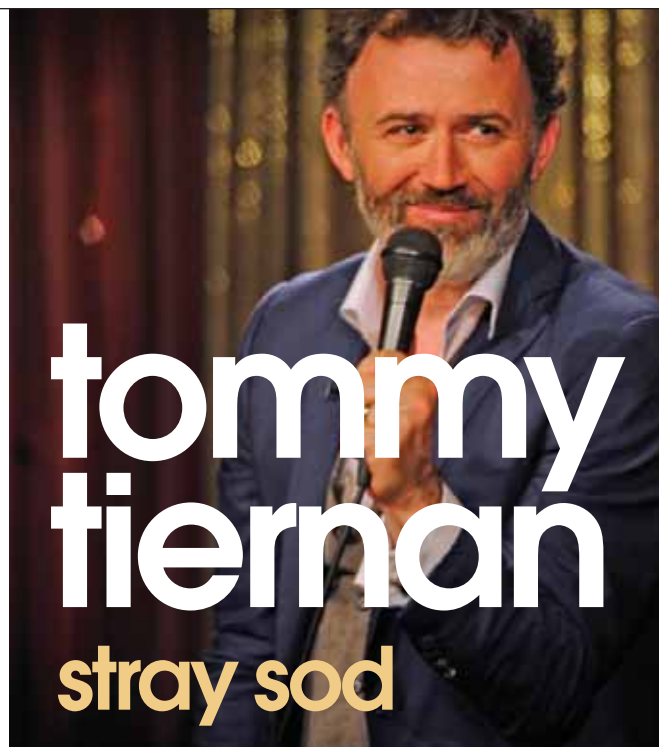
Sound Uncovered



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

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SOUND CHECK
Alan Cross
scene@metronews.ca

It's been a long winter. As you can see by this week's recommendation, cabin fever is taking its toll. I really need to get away, apparently. I promise to be more normal next time.

You Can't Be My Girl/ Darwin Deez

The New York native and former rapper released Songs for Imaginative People last month.



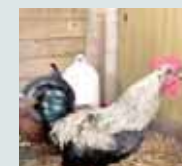
I Knew You Were a Goat [Sic] When You Walked In/ Taylor Swift

Wait for it. Wait ... wait ... THERE IT IS! When did Taylor date and break up with him?



Death Metal Chicken/ Some random rooster

Whoever said that chickens were docile birds never met this guy.



The Word



Would Tina Fey consider hosting next year's Oscars? 'No way'

Don't get your hopes up for Tina Fey to host the Oscars next year, as the 30 Rock star says there's no way she'll take the job. "I just feel like that gig is so hard," she tells

the Huffington Post. "Especially for, like, a woman. The amount of months that would be spent trying on dresses alone — no way."

Fey earned rave reviews for her work co-hosting the Golden Globes in January with pal Amy Poehler, and after Seth MacFarlane's controversy-courting Oscars hosting performance Sunday many naturally looked to Fey as an improvement for next year, but she insists there's no chance. "I wish I could tell you there was," Fey says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

British singer looked 'very pleased' leaving Swift's hotel

Taylor Swift may have found another young British singer to keep her company.

Swift was reportedly visited by Ed Sheeran at her hotel during a recent trip to London, according to E! News. The pair "stayed in the room, just the two of them, until around 4 a.m.," a source says, adding that Sheeran looked "very happy" leaving via a car Swift had used the day before. "He looked very pleased with himself," the source says.

There may be some history there, though. Another source claims that Swift and Sheeran "briefly dated last spring. He thinks she is really cute and they have a great chemistry together." And they'll have plenty of time



Taylor Swift

together coming up, as Sheeran is set to serve as opening act for Swift's tour starting this month through September.

Stone Temple Pilots singer reads of his firing

The rock band Stone Temple Pilots announced this week that they were firing singer Scott Weiland, and no one was more surprised by the news than Weiland himself.

"I learned of my supposed 'termination' from Stone Temple Pilots this morning by reading about it in the press," Weiland

says in a statement to E! News. "Not sure how I can be 'terminated' from a band that I founded, fronted and co-wrote many of its biggest hits, but that's something for the lawyers to figure out. In the meantime, I'm looking forward to seeing all of my fans on my solo tour, which starts this Friday."

Twitter



@jason_mr4z

For me, the days that begin bad always seem to conclude with magical evenings. Thanks weird day!



@ActuallyNPH

The Nat Enq is cray cray. We've never had a wedding date, just engaged (Prop 8 and all). We're on a cruise as I write. He's rad. All good.



@samantharonson

I have now taken every allergy medicine available in the US—still no relief—but if i die tonight, u know why.



@GarryShandling

Maybe the Pope is tired because he stands when he drives.

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A colourful way to start Nutrition Month

Mediterranean Roasted Beef and Veggies. March is devoted to healthy eating so whip up this delicious meal

When shopping, try to purchase healthy items from the perimeter of the grocery store and supplement with staples from the inner aisles.

Here is an easy and flavourful recipe keeping in mind those principles.

This colourful, nutritious dinner cooks all at once in the oven, making for little preparation or cleanup. Serve it with cooked couscous, quinoa, rice or pasta.

1. Line a rimmed baking sheet with foil and spray lightly with cooking spray.

2. In a large bowl, combine garlic, tomatoes, onion, eggplant, red pepper, yellow pep-

Ingredients

- 6 cloves garlic, peeled
- 3 plum (Roma) tomatoes, cored and quartered
- 1 small Spanish onion, cut into 12 wedges
- 1 baby eggplant, cut into chunks
- 1 each red and yellow bell peppers, cut into chunks
- 250 g (8 oz) zucchini (about 2 small), cut crosswise into 1-cm (1/2-inch) slices
- 125 g (4 oz) mushrooms, quartered
- 60 ml (4 tbsp) basil pesto,
- 10 ml (2 tsp) olive oil
- 1.5 kg (3 lb) boneless beef sirloin tip
- Pinch each salt and pepper
- 15 ml (1 tbsp) balsamic vinegar
- 5 ml (1 tsp) liquid honey



This recipe serves six. THE CANADIAN PRESS H/O

per, zucchini, mushrooms and 45 ml (3 tbsp) of the pesto; toss to coat. Spread evenly on prepared baking sheet; set aside.

3. In an ovenproof sauté pan or skillet with a rack, heat oil over medium-high heat. Season beef with salt and pepper. Cook beef, turning with tongs, for about 10 minutes or until browned all over.

Spread remaining pesto over roast. Place on rack in the same sauté pan.

4. Roast beef and vegetables in a 140 C (275 F) oven for about 1 1/2 hours or until a meat thermometer inserted in the thickest part of the roast registers 60 C (140 F) for medium-rare, or until desired doneness. Transfer roast to a cutting board, tent with

foil and let stand for 10 to 15 minutes.

5. Using a rubber spatula, scrape vegetables into a large bowl. Add vinegar and honey; toss to coat.

6. Carve roast across grain into thin slices. Serve with vegetables. **THE CANADIAN PRESS/COOK! BY DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).**

Liquid Assets

The skinny on wine



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Sorry beer and spirit fans, with its reputation as a heart healthy, food-friendly beverage, wine sits at the top of the booze chain in the debate over which tippie is "best for you."

When it comes to a wine's nutritional value, you've got to think about the alcohol. That's where the calories come from folks, so a higher level means more sit-ups.

My friends at WineFolly.com have become one of the go-to wine blogs with their witty commentary and knack for turning mind-bending vino info into cool graphics. Their latest post is a chart that breaks down a variety of wine styles and lays out the truth about how many calories are in each glass. Wine Folly also takes cartography to a new level with a series of detailed maps to your favourite grape growing countries. They've just added Spain. Check out their website over a glass of Bodegas Piqueras 2008 Castillo de Almansa Reserva (\$11.95 - \$14.99) from the Albacete region in Spain's southeast.

With its balanced, dark berry fruit and light, woody backbone, you just might forget that at 14 per cent alc./vol. you're drinking between 165-195 calories. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



Stir-fry your way to a quick and nutritious dinner

1. In bowl, whisk a little milk into cornstarch to make a

Ingredients

- 250 ml (1 cup) milk
- 45 ml (3 tbsp) cornstarch
- 75 ml (1/3 cup) reduced-sodium soy sauce
- 30 ml (2 tbsp) liquid honey
- 15 ml (1 tbsp) butter, divided
- 500 g (1 lb) boneless skinless

- chicken, cut in thin strips
- 3 cloves garlic, minced
- 1 each sweet red, yellow and green pepper, cut in thin strips
- 30 ml (2 tbsp) rice vinegar
- Hot pepper sauce, to taste (optional)

smooth paste. Whisk in the remaining milk, reduced sodium soy sauce and honey; set aside.

2. Heat wok over high heat. Add half butter; swirl to coat. Add chicken and garlic and stir-fry 3 mins. or until browned; transfer to bowl. Add remaining butter to pan, then peppers. Stir-fry 5 mins. or until tender. Return chicken and any juices to pan. Reduce heat to medium.



This Honey-Garlic Chicken & Sweet Pepper Stir-Fry serves 4. THE CANADIAN PRESS

3. Whisk milk mix and pour into pan. Cook, stirring, 5 minutes or until chicken is no longer pink inside and sauce is thickened. Stir in vinegar and

hot pepper sauce, to taste, if using.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA 2013 MILK CALENDAR, MILKCALENDAR.CA.

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



MIX OF SIX
Jenna Conter
halifax@metronews.ca



On fire: IN FLAMES

Calling all heavy metal fans. After a tour with Lamb of God, Sweden's IN FLAMES is hitting a Halifax stage at the Cunard Centre Saturday night, along with special guests that include Demon Hunter, All Shall Perish and Battlecross. For those who aren't in the know, IN FLAMES is one of the most respected and well-recognized heavy metal acts around the world. Visit: inflames.com.



Have it all: The Works

What's that giant line on Doyle Street? Oh, it's just the sign of yet another amazing burger joint launching in Halifax. Only problem you may have is making up your mind. Pick a burger, pick a topping — slap on a bun, add a side and you've just experienced The Works. But there's more than just burgers. Just go. Try. Report back.



Ride the Music: Serena Ryder

Friday's show is already sold out, but don't worry Halifax, we have another chance to Stompa our feet and see Serena Ryder live at the Rebecca Cohn Auditorium on Saturday. After her 2008 Juno for best new artist, Canada's little darling crossed our country, not to mention an ocean or two heading through Australia and Europe, making stops at Bonnaroo. Now back finding her new Harmony, she's here for us to enjoy. Visit: serenaryder.com.



On Stage: Neptune Theatre — The Glace Bay Miners' Museum

On now through March 17, Wendy Lill's award-winning play takes a look at the story of Margaret MacNeil and her rebellious love for Neil Currie, a miner by trade and a bagpiper for the joy of it. Set against the darkness of coal mines in 1940's Cape Breton, this drama bears witness to the region's major industry and its shocking conclusion. Visit: neptunetheatre.com.



On the Court: Subway AUS Men's Basketball Championship

OK, I don't watch basketball — perhaps it's because I'm too short to participate — but I would like to see some sweaty, athletic men play it all weekend. Want to join me? This weekend the Metro Centre plays host to a showcase of top university basketball players from schools around our region. Visit: ticketatlantic.com.



Laugh it up: Ryan Fried's Comedy Nightmare II

In honour of officially entering his late 20s, local comedian Ryan Fried is celebrating with the followup to December's hugely successful Comedy Nightmare Before Christmas with more standup and music Friday at Gus' Pub at 9:30 p.m. The show includes The Scoop Outs and The Fat Stupids, plus comedians Brian Aylward, Catherine Robertson and Merv Hartlen, to name a few.

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NEEDED FOR A
RESEARCH STUDY**

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PROGRAM, YOU MAY BE
ELIGIBLE TO PARTICIPATE IN
THIS RESEARCH STUDY!**

The purpose of this study is to identify where individuals with heart disease exercise, and to determine whether these places differ for males and females.

Participants will be asked to wear a portable GPS unit and an accelerometer (activity monitor) for 7 days at two different time points, and to fill out exercise & diet surveys.

Participants will be compensated for their time.

**FOR MORE INFORMATION OR TO FIND OUT
IF YOU ARE ELIGIBLE,
Please call the study coordinator:
Suzanne Ferrier at (902) 473-4394**

CDHA-RS/2010-316, version 1.0, 2013/01/28

Tigers looking to roar during the AUS playoffs

Hoop it up. Dalhousie one of six teams taking to Metro Centre floor this weekend



ANDREW RANKIN

andrew.rankin@metronews.ca

Simon Marr doesn't question whether the Dalhousie Tigers have the tools to be a champion, he's just hoping his teammates will use all of them this weekend.

Marr and the fourth-seeded Tigers will face off against No. 5 Saint Francis Xavier X-Men on Friday night in the first of two Atlantic University Sport men's basketball quarter-finals at the Metro Centre.

On paper the Tigers have a distinct advantage, having beaten the X-Men three out of four times in the regular season. The one loss came in their final matchup where Marr admits they were simply outthrustled.

"We just came out flat that game," said Marr, the team's leading scorer. "A lot of people say that if we come out with a full effort we're scary. If we do that we can compete with anyone."

Quoted

"This year we've proved that we can beat any team in the conference. But in the playoffs you win by playing defence. It's not about shooting a high percentage, it's about defensive execution."

William Yengue

At Metro Centre

- **Friday (quarter-finals):**
(5) St. Francis Xavier vs. (4) Dalhousie, 6 p.m. (6) Saint Mary's vs. (3) Prince Edward Island, 8:15 p.m.
- **Saturday (semifinals):**
Winner of quarterfinal No. 1 vs. (1) Cape Breton, 6 p.m. Winner of quarterfinal No. 2 vs. (2) Acadia, 8:15 p.m.
- **Sunday:** Championship game, 2 p.m.

The stats support that statement. They won two out of three regular-season matchups against the defending champs and second-ranked Acadia Axemen, and on one occasion, lost by a bucket against No. 1-seeded Cape Breton Capers.

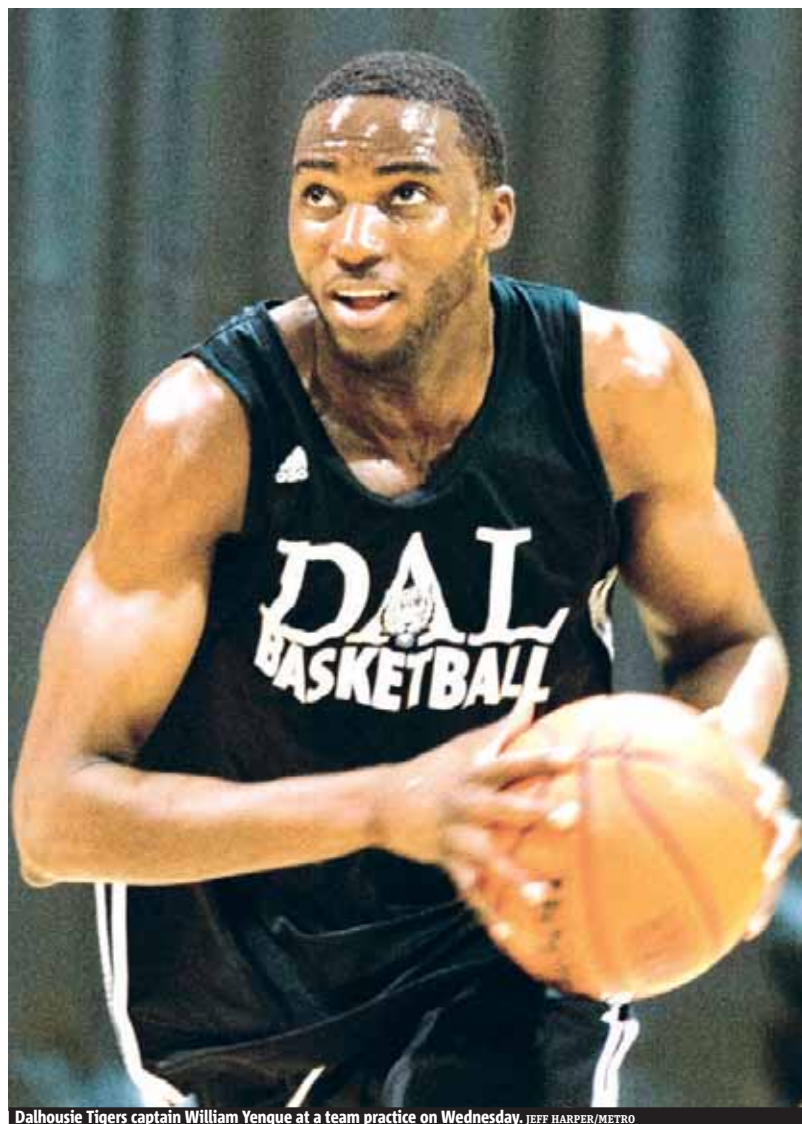
"We have the better team, we just have to show it," Marr said at practice this week.

Tigers captain William Yengue agrees. He said success will come from doing the things he and his teammates can control.

"We have to work as hard as we can to do the right things on defence," said Yengue. "It's always defence that wins games."

For their no-nonsense coach John Campbell, he's focused on Friday's matchup and ensuring his team can contain a potentially explosive X-Men club.

"It's a little cliché, but we are approaching it game by game," Campbell said of the weekend. "We feel like we have been competitive with everybody in specific games. I think that if we execute our game plan then we give ourselves a chance to win and that's all you can ask for at this time of the season."



Dalhousie Tigers captain William Yengue at a team practice on Wednesday. JEFF HARPER/METRO

Huskies ready to get 'ugly' vs. V-Reds

If the Saint Mary's Huskies beat the No. 1-seeded New Brunswick V-Reds in the Atlantic University Sport men's hockey final, they'll do it in the trenches.

That's how the Huskies bench boss Trevor Steinburg is approaching the best-of-three final that begins Saturday night in Fredericton.

"I believe in my guys to will it out and to play in the ugly areas," said Steinburg. "We cannot afford to get into playing a skilled game or an up-and-down game. We'll have to pull them into the trenches and get it done in the ugly spots, score

Quoted



"Maybe we're the underdog. When you're fighting for your life people don't care who the underdog is. It's who's still standing in the end, right?"

Saint Mary's Huskies coach Trevor Steinburg

goals that aren't pretty and put pucks in the blue paint."

The second-ranked Huskies are coming off a hard-fought 3-1 semifinal series win against the Acadia Axemen. The Varsity Reds also won their semifinal series

over the Prince Edward Island Panthers in four games.

If the regular season is any indication, this should be a close series as the two teams split four games during the regular season, with each winning in the other

team's rink once.

"If we try to get into a matchup of speed and depth we probably won't be successful," he said. "But not every war is won in the air, some are won in the battlefield and that's where we're going to have to do it."

Regardless of who wins, both squads have already qualified for the CIS final in Saskatoon from March 14 to 17.

But according to Steinburg, his squad is determined to arrive there as AUS champs.

"We're going to give it everything we've got."

ANDREW RANKIN/METRO

QMJHL

Mooseheads look to add to winning streak

The Halifax Mooseheads will be gunning for their ninth straight victory when they visit the Rouyn-Noranda Huskies on Friday.

The Huskies, ranked No. 8 in the country, are coming off a 4-3 loss against Val-d'Or Foreurs on Tuesday while the No. 1 Mooseheads doubled up the Shawinigan Cataractes 4-2 on Wednesday night.

The Mooseheads will cap their three-game Quebec road trip against the ninth place Foreurs on Saturday. **METRO**

Red Sox prospect embraces knuckler after Dickey's success

MLB. Elusive pitch gaining popularity again after Blue Jays ace's Cy Young season

Boston Red Sox prospect Steven Wright knew he was taking a risk when he converted to a knuckleball pitcher a year and a half ago.

In a league filled with hard-throwing hurlers, mastering a slower, more unpredictable pitch seemed difficult to justify.

But R.A. Dickey's Cy Young-winning season with the 2012 New York Mets has boosted Wright's confidence.

"There was so much uncertainty to it before, but with R.A. doing what he did last year, he solidified the fact that you can be very effective at it, and very consistent with it," Wright said.

The 38-year-old Dickey was 20-6 with New York last year before he was traded in the off-season to the Toronto Blue Jays.

"With the knuckleball you just don't know," Wright said. "It could be great, it could be



Boston Red Sox starting pitcher Steven Wright throws a pitch against the Toronto Blue Jays during Grapefruit League action on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

not great. But last year, R.A. proved that with the knuckleball, he can be just as effective as (Justin) Verlander, (Stephen) Strasburg, and the velocity that comes with those guys."

Tim Wakefield, who spent 17 seasons as a knuckleballer for the Red Sox, agrees that

Dickey has been invaluable to the cause.

In Fort Myers, Fla., for three days helping Wright make "minor adjustments," Wakefield stood on the mound with the 28-year-old during Wednesday's bullpen session, monitoring his delivery.

As someone who knows first hand the complexities of the knuckleball, Wakefield is delighted by Dickey's success.

"He validated the knuckleball and made it popular," the retired right-hander said. "There were so few of us that actually threw the pitch for

a living — guys like Wilbur Wood, Phil Niekro, Charlie Hough, Tom Candiotti, myself and now R.A. — it's a close-knit fraternity, so I was very proud."

Quoted

"For a knuckleballer, it was like Christmas. It was exciting for me."

Steven Wright on pitching against R.A. Dickey in spring training on Monday.

By helping Wright this week, Wakefield is doing his part, just as he did for Dickey in 2008 when the then-struggling Seattle Mariner approached him for advice.

"I'm very open when it comes to helping other knuckleballers," Wakefield said. "It's always nice to be able to bounce ideas off somebody that is walking in the shoes that you walked in for so long."

THE CANADIAN PRESS

Spring training

Jays dump Yankees in Tampa

David Phelps allowed two hits over three scoreless innings Thursday as a New York Yankees' split squad lost 1-0 to the Toronto Blue Jays.

Phelps struck out one and walked one, and has not given up a run in five innings over two starts. He could earn a spot in the rotation to start the season if Phil Hughes remains sidelined by a bulging disk. Hughes is working out in a pool and might resume throwing in a few days.

Brandon Morrow gave up two hits in two shutout innings for Toronto and Andy LaRoche hit a seventh-inning homer off Chase Whitley. THE ASSOCIATED PRESS



Toronto's Jose Bautista watches a pop up on Thursday in Tampa, Fla. THE CANADIAN PRESS

NHL

Kadri scores 3 as Leafs hang on vs. Islanders

Nazem Kadri notched his first career hat trick and Dion Phaneuf scored at 1:11 of overtime to give the Toronto Maple Leafs a 5-4 victory over the New York Islanders on Thursday night.

Phaneuf's fourth goal of the season lifted Toronto to its third straight win and fourth in five games at New York. The Maple Leafs have six wins in their last nine games against the Islanders. James van Riemsdyk also scored for the Maple Leafs, who improved to 9-4 on the road.

New York rallied on third-period goals by Andrew MacDonald and Kyle Okposo after Kadri finished his hat trick to put Toronto up 4-2 at the 14:12 mark of the second. The Islanders also got goals from Josh Bailey in the first period and Lubomir Visnovsky in the second.

Reimer (7-3-0) was making his first start since Feb. 11 after missing eight games with a knee injury. He made 27 saves. Ben Scrivens had made the last eight starts for Toronto.

THE ASSOCIATED PRESS

UFC. St-Pierre hopes Diaz isn't pulled from title fight

Being trapped in the middle of a media scrum is not Georges St-Pierre's idea of a good time, but the mixed martial arts champion is always glad to do it.

Then again, it only ever seems to be an issue when his opponent is the apparently camera-shy Nick Diaz.

And that's who St-Pierre is set to face when he puts the welterweight championship on the line March 16 at UFC 158 at the Bell Centre.

Diaz reportedly came within a whisker of being pulled from the fight card when he recently failed to show up for three scheduled interviews. While he eventually did attend to his media obligations, it's anyone's guess as to what UFC boss Dana White will do if Diaz is a no-show again at events leading to the fight with St-Pierre.

"I hope they don't take him out because I've trained hard," St-Pierre said Tuesday amidst a thicket of cameras after a public workout at the Tristar gym.

Winning streak

- St-Pierre is seeking a second straight win since he ended a 19-month injury layoff with a victory by unanimous decision over Carlos Condit at the Bell Centre in November.



Georges St-Pierre. THE CANADIAN PRESS FILE

"He'll show up.

"It would be inconceivable that he doesn't. He can make some money that will maybe last the rest of his life."

Diaz has been in trouble for missing media events before.

St-Pierre was supposed to fight Diaz at UFC 137 in October 2011, but the Stockton, Calif., native was taken off the card when he skipped some pre-fight promotional events. St-Pierre eventually also pulled out with a knee injury.

St-Pierre is one of his sport's biggest stars and the Quebec native is always in demand for interviews and appearances.

"Seriously, I despise it," he said. "I like you guys (reporters), but I don't like doing this."

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	41	14	.745	—
New York	34	20	.630	6 1/2
Indiana	36	22	.621	6 1/2
Atlanta	33	23	.589	8 1/2
Brooklyn	34	24	.586	8 1/2
Chicago	32	25	.561	10
Boston	30	27	.526	12
Milwaukee	28	28	.500	13 1/2
Philadelphia	22	33	.400	19
Toronto	23	35	.397	19 1/2
Detroit	23	37	.383	20 1/2
Cleveland	20	38	.345	22 1/2
Washington	18	38	.321	23 1/2
Orlando	16	42	.276	26 1/2
Charlotte	13	44	.228	29

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	14	.763	—
Oklahoma City	42	15	.737	2
L.A. Clippers	42	18	.700	3 1/2
Memphis	38	18	.679	5 1/2
Denver	37	22	.627	8
Golden State	33	25	.569	11 1/2
Utah	31	27	.534	13 1/2
Houston	31	28	.525	14
L.A. Lakers	28	30	.483	16 1/2
Portland	26	31	.456	18
Dallas	25	32	.439	19
Minnesota	20	34	.370	22 1/2
Phoenix	20	39	.339	25
New Orleans	20	39	.339	25
Sacramento	20	39	.339	25

Note: division leaders ranked in top three positions regardless of winning percentage.

Thursday's results

L.A. Clippers 99 Indiana 91
Philadelphia at Chicago
Minnesota at L.A. Lakers

Wednesday's results

Sacramento 125 Orlando 101
Cleveland 103 Toronto 92
Detroit 96 Washington 95
New York 109 Golden State 105
Milwaukee 110 Houston 107
Oklahoma City 119 New Orleans 74
Memphis 90 Dallas 84
Phoenix 105 San Antonio 101 OT
Atlanta 102 Utah 91
Denver 111 Portland 109
Friday, March 1
Houston at Orlando, 7 p.m.
Indiana at Toronto, 7 p.m.
New York at Washington, 7 p.m.
Golden State at Boston, 7:30 p.m.
L.A. Clippers at Cleveland, 7:30 p.m.
Dallas at Brooklyn, 8 p.m.
Memphis at Miami, 8 p.m.
Detroit at New Orleans, 8 p.m.
Sacramento at San Antonio, 8:30 p.m.
Charlotte at Utah, 9 p.m.
Atlanta at Phoenix, 9 p.m.
Oklahoma City at Denver, 10:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OT	GF	GA	Pt
Pittsburgh	21	13	8	0	70	58	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	22	10	11	1	64	67	21
NY Rangers	19	9	8	2	48	49	20
NY Islanders	21	8	11	2	61	73	18

NORTHEAST DIVISION

	GP	W	L	OT	GF	GA	Pt
Montreal	20	13	4	3	58	43	29
Boston	17	13	2	2	51	36	28
Ottawa	21	12	6	3	49	39	27
Toronto	22	13	9	0	64	55	26
Buffalo	20	7	12	1	50	64	15

SOUTHEAST DIVISION

	GP	W	L	OT	GF	GA	Pt
Carolina	19	10	8	1	54	55	21
Winnipeg	19	9	9	1	52	60	19
Tampa Bay	20	9	10	1	71	64	19
Florida	19	6	9	4	48	69	16
Washington	19	7	11	1	52	59	15

Thursday's results

NY Rangers 4 Tampa Bay 1
Toronto 5 NY Islanders 4 (OT)
Carolina 4 Pittsburgh 1
Boston 2 Ottawa 1 (OT)
Buffalo at Florida

New Jersey at Winnipeg

Chicago at St. Louis
Edmonton at Dallas
Minnesota at Phoenix
Calgary at Colorado
Detroit at San Jose

Wednesday's results

Philadelphia 4 Washington 1
Montreal 5 Toronto 2
Los Angeles 2 Detroit 1
Anaheim 5 Nashville 1

Friday's games

All Times Eastern
Edmonton at St. Louis, 8 p.m.
Columbus at Chicago, 8:30 p.m.
Minnesota at Anaheim, 10 p.m.

Saturday's games

Ottawa at Philadelphia, 12 p.m.
Tampa Bay at Boston, 1 p.m.
New Jersey at Buffalo, 3 p.m.
Washington at Winnipeg, 3 p.m.
Pittsburgh at Montreal, 7 p.m.
Florida at Carolina, 7 p.m.
Anaheim at Phoenix, 8 p.m.
Los Angeles at Vancouver, 10 p.m.
Nashville at San Jose, 10:30 p.m.

WESTERN CONFERENCE

	GP	W	L	OT	GF	GA	Pt
Chicago	19	16	0	3	61	37	35
Nashville	21	9	7	5	45	52	23
St. Louis	18	10	6	2	55	52	22
Detroit	20	9	8	3	58	56	21
Columbus	20	5	12	3	44	61	13

NORTHWEST DIVISION

	GP	W	L	OT	GF	GA	Pt
Vancouver	19	10	5	4	54	52	24
Minnesota	18	9	7	2	39	43	20
Calgary	18	7	7	4	49	61	18
Edmonton	18	7	7	4	42	49	18
Colorado	18	7	8	3	44	54	17

PACIFIC DIVISION

	GP	W	L	OT	GF	GA	Pt
Anaheim	18	14	3	1	64	48	29
Los Angeles	18	10	6	2	47	42	22
Dallas	20	10	8	2	56	57	22
San Jose	18	9	6	3	44	41	21
Phoenix	19	9	7	3	54	51	21

LEAFS 5, ISLANDERS 4 (OT)

First Period
1. NY Islanders, Bailey 1 (Okposo, Macdonald) 3:34
2. Toronto, Kadri 6 (Fraser) 8:31
Penalties — None.

Second Period
3. NY Islanders, Visnovsky 1 (Cizikas, McDonald) 6:22
4. Toronto, Kadri 7 (Fraser, Franson) 8:55
5. Toronto, van Riemsdyk 12 (Steele, Orr) 10:25
6. Toronto, Kadri 8 (Kostka, Gunnarsson) 14:12
Penalties — None.

Third Period
7. NY Islanders, Macdonald 1 (Okposo, Streit) 5:31
8. NY Islanders, Okposo 2 (Unassisted) 10:08
Penalties — None.

Overtime
9. Toronto, Phaneuf 4 (Grabovski, MacArthur) 1:11
Penalties — None.

Shots
Toronto 9 10 8 1—28
NY Islanders 6 11 9 1—27
Goal — Toronto: Reimer (W, 7-3-0).
NY Islanders: Nabokov (L0, 8-7-2).
Power plays (goal-chances) — Toronto: 0-0.
NY Islanders: 0-0.
Referees — Marc Joannette, Ian Walsh.
Linesmen — Mike Cvik, Derek Amell.
Att. — 9,222 (Nassau Veterans Memorial Coliseum).

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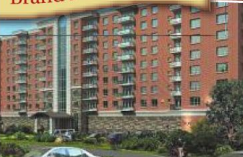


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March 1

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BY KELLY ANN BUCHANAN

Horoscopes

Aries

March 21 - April 20

You are going through rather an intense phase at the moment and it's putting a strain on your body, mind and emotions. Take a break. What you are searching for will be found the moment you stop looking for it.

Taurus

April 21 - May 21

Don't hesitate today or you may lose momentum and give your rivals a chance to catch up. All's fair in love, war and business and if you make sure you are first, the rewards are sure to follow.

Gemini

May 22 - June 21

Listen to your instincts and act on what they tell you. If you have one brilliant idea today you will probably have a dozen or more, so you need to be selective. What is the most realistic option? Go for it.

Cancer

June 22 - July 23

Cut through all the confusion and get to the root of a problem that has been causing you a lot of sleepless nights. All you have to do is stick to the facts and avoid making value judgments. Sounds easy, doesn't it?

Leo

July 24 - Aug. 23

How often have you been told not to act in haste? Too many, no doubt, but today you are invited to act as quickly as you like. In fact, the quicker the better. You simply can't put a foot wrong now.

Virgo

Aug. 24 - Sept. 23

You may be practical by nature but you have flashes of inspiration like everyone else and you should listen to what your inner voice tells you today. One good idea, in particular, could be a money spinner.

Libra

Sept. 24 - Oct. 23

Important things will only get done today if you step up to the plate and take charge. Inevitably, some people will complain but you don't have time to argue: they either do as they are told or get left behind.

Scorpio

Oct. 24 - Nov. 22

Do you get the feeling that someone is trying to annoy you for the fun of it? Whether or not it is true, you are advised not to lose your temper with them. Really, it's just not worth the hassle.

Sagittarius

Nov. 23 - Dec. 21

Try to arrange things so that you don't do any real work at all. Put yourself forward as team leader. Take a supervising role. While others are working their fingers to the bone, you'll be getting the praise!

Capricorn

Dec. 22 - Jan. 20

If someone offers you an apology today, you must accept it. No matter what it is that caused your falling out, it's obvious that they don't hold a grudge. So, there is no reason why you should either.

Aquarius

Jan. 21 - Feb. 19

You will be in inspired form today. You will come up with ideas that others simply don't have the insight or intelligence to think of. But remember that good ideas are like manure — they work best when spread around.

Pisces

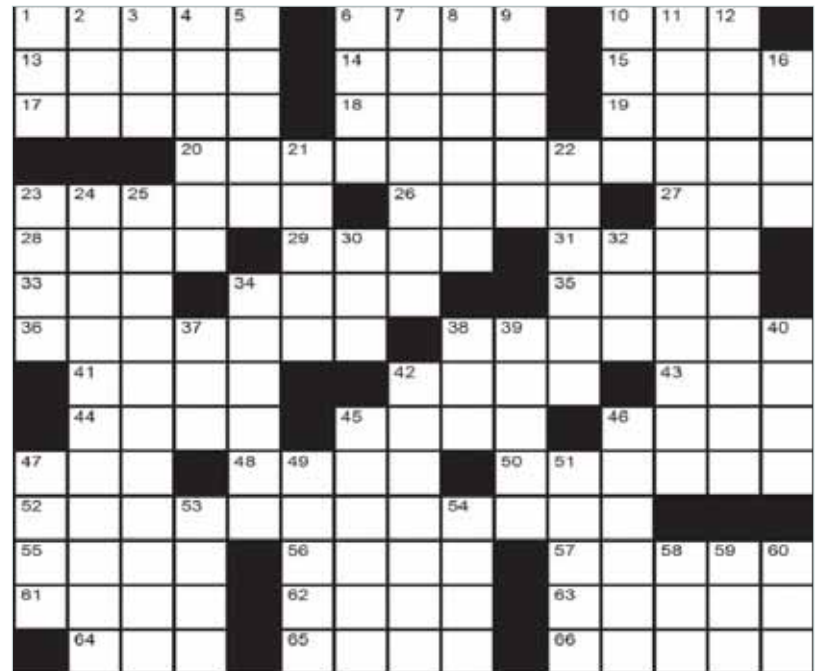
Feb. 20 - March 20

It may seem as if someone has let you down or, worse, betrayed a secret about you, but don't get on your high horse just yet. It could be there's another side to this story. Stay calm and find out what it is. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Zeppelin's "Whole __ Love"
6. Speed of sound, __ 1
10. "Eew."
13. Christina Aguilera's " __ to You"
14. Tooth complaint
15. Mr. LaBeouf
17. Commenced
18. Helen of __
19. Criminal escapes
20. Bit of Leonard Cohen's "Hal-lelujah": "Love is not a __ / It's a cold and it's a broken..."
23. Legendary lady of Coventry
26. Mr. Bridges, Jeff's actor brother
27. Assemble the bricks
28. Car rental company
29. Mardi __
31. Come across as
33. Guitar master Mr. Paul
34. Plane reservation
35. Short-term worker, shortly
36. "Happy Days" diner
38. Spice Girls smash
41. Cowardly Lion's alter ego in Kansas
42. Extinct bird
43. Not specialized [abbr.]
44. Looked
45. __ fide
46. Exclusively
47. __ the Record Man
48. Compass/ruler set, for short
50. Ms. Anderson
52. Shakespeare's place-for-plays: 2 wds.
55. 'Slithy' Lewis Carroll creature
56. Prefix with 'are' (Land measure)
57. Shrek, and others
61. Je __, Tu es, Il est...
62. " __ my wit's end!"
63. Molten rock
64. __ builder (Stage gig)
65. Particle physics lab near Geneva
66. Actor, Sean __



Down

1. Ad- __ (Off-the-cuff)
2. 'Rem' ender (TV clicker)
3. __-of-war
4. Country singer Randy
5. Couple's yrly. celebration
6. Toronto jazz singer Mr. Dusk
7. Circus performer
8. Tasks
9. OutKast hit!: 2 wds.
10. Filmdom's Ms. Fisher
11. Celine Dion's birthplace in Quebec
12. 19th Prime Minister, in 1993: 2 wds.
16. Like fireplace residue
21. Like pet store birds
22. "I __ longer..." (Habit-quitter's pledge)
23. Grand event
24. Fanatical
25. 1955's "Lady and the Tramp", for one: 2 wds.
30. Univ. dorm supervisors
32. 'Eight' ender
34. "We Are Family" by Sister __
37. 'Rev' add-on (Take back)
38. Came through
39. Conform
40. "Orinoco Flow (Sail Away)"

- singer
42. Glassed-enclosed VIA Rail spot: 2 wds.
45. Puccini opera, La __
46. Beginnings, Alphas ...Conclusions, __
47. Li'l drill instructors
49. Moral principle
51. Fragrance
53. Most proficient
54. Office memo abbr.
58. Mil. unit
59. Poet Ms. Dickinson, to pals
60. __ Francisco

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	7	3	9	6	5	8	2
8	9	5	1	2	7	3	6	4
2	3	8	8	5	4	1	7	9
5	6	3	4	8	2	7	9	1
4	2	9	5	7	1	6	3	8
7	8	1	6	3	9	4	2	5
3	1	4	2	6	8	9	5	7
6	7	2	9	4	5	8	1	3
9	5	8	7	1	3	2	4	6

9			7		3	6	8	
				6			7	
		2		1	8	5		
8				5	1	4		
		5	1	9		6		
4			2					
3	7	1		8				5

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70%

Saturday

2°/-1°
Rain and snow
60%

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HWY: 5.3L/100 KM
CITY: 7.1L/100 KM[▼]

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CITY: 7.8L/100 KM[▼]

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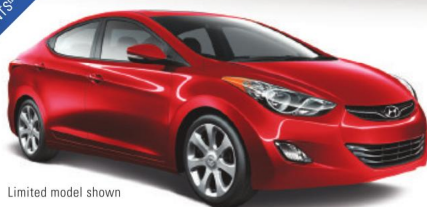
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Limited model shown



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DOWN PAYMENT

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Limited model shown

HWY: 7.7L/100 KM
CITY: 10.4L/100 KM[▼]

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FINANCING FOR 84 MONTHS

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OR

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[™]The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. [†]Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Santa Fe 2.4L FWD Auto/Accent 4 Door L 6-Speed Manual/Elantra GT GL 6-Speed Manual (includes \$750 in price adjustments)/Elantra L 6-Speed Manual (includes \$500 in price adjustments)/Tucson L 5-Speed Manual with an annual finance rate of 1.99%/0%/0%/0.99% for 84 months. Bi-weekly payments are \$167/\$82/\$110/\$94/\$124. No down payment required. Cost of Borrowing is \$2,038/\$0/\$0/\$0/\$772. Finance offers include Delivery and Destination of \$1,760/\$1,495/\$1,495/\$1,495/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. [▼]Fuel consumption for 2013 Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM)/2013 Accent 4 Door L 6-Speed Manual (HWY 5.3L/100KM, City 7.1L/100KM)/2013 Elantra GT GL 6-Speed Manual (HWY 5.3L/100KM, City 7.8L/100KM)/2013 Elantra L 6-Speed Manual (HWY 5.2L/100KM, City 7.1L/100KM)/2013 Tucson L 5-Speed Manual (HWY 7.7L/100KM, City 10.4L/100KM) are based on Manufacturer testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. *Price of models shown 2013 Santa Fe 2.0T Limited AWD/Accent 4 Door GLS Auto/Elantra GT SE Tech 6-Speed Auto/Elantra Limited/Tucson Limited AWD is \$40,259/\$20,094/\$27,844/\$24,794/\$34,109. Prices include Delivery and Destination charges of \$1,760/\$1,495/\$1,495/\$1,495/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. [®]Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$2,000/\$1,250/\$2,000/\$1,750/\$2,500 available on 2013 Santa Fe/Accent 4 Door/Elantra GT/Elantra Sedan/Tucson with the exception of the base models (2013 Santa Fe 2.4L FWD Auto/Accent 4 Door L 6-Speed Manual/Elantra GT GL 6-Speed Manual/Elantra L 6-Speed Manual/Tucson L 5-Speed Manual); however the price adjustments of \$750/\$500 for the Elantra GT GL 6-Speed Manual/Elantra L 6-Speed Manual are available in the finance offers set forth above. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ^{††}Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ^{†††}Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.